


The "Regal" COOK BOOK



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The REGAL Cook Book

contains **1000** recipes tested by leading housewives of Canada and assembled together especially for this work. There will also be found therein many useful observations showing how *Regal Flour* can be used to advantage in the preparation of different dishes. This Cook Book will be found different from the many recipe books now available, inasmuch as all the recipes it contains have been carefully examined and tested in order to eliminate those found of little or no value, so as to facilitate the task of the housewife and insure success. We sincerely hope that our efforts along these lines will be appreciated and that the REGAL Cook Book will prove of service to Canadian housewives.

THE ST. LAWRENCE FLOUR
MILLS COMPANY, LIMITED



A Word to Canadian Housewives on "REGAL FLOUR" and the St. Lawrence Flour Mills

IN presenting this third issue of our cook book, our aim has been to make it a ready and convenient form of reference for everyday use. That you may understand the reasons why *Regal* flour, which is recommended in this book, has become so popular with Canadian housewives we give you herewith a brief history of the flour and of the mills that have contributed to make it the peer of all pastry flours.

Not by chance has the reputation of *Regal* flour been built, but only through the organization of thoroughly up-to-date mills and the constant striving and increasing care that are always necessary in the manufacturing of a superior product.

When in 1909 General Labelle and Thos. Williamson whose knowledge of wheat and flour was obtained through their association with the milling trade conceived the idea of establishing in Montreal modern flour mills which would incorporate all the most up-to-date machinery and equipment for the economical production of high grade flour, they were not long in securing the millions needed for such an enterprise.

Strategically located in Montreal with direct water and rail connections with the wheat centers of the Canadian West and within 24 hours run of the Atlantic seaboard, the St. Lawrence Flour Mills, with ample working capital and a capacity of 3000 barrels a day, were not long in taking their place among the most important and successful milling concerns on the American Continent.

However, the St. Lawrence Flour Mills were not only designed, equipped and started to achieve financial success, but to give life to an ideal—the economical production of a flour supreme in quality, uniformly perfect the year round—*Regal* flour.

To insure *Regal* flour coming up to the high standard we had set for it, we select each year the choicest wheat that Western Canada produces. Samples of this wheat, taken from each carload shipped to the mills, are tested by experts, carefully milled in specially designed miniature mills and subject to baking tests to determine the milling qualities of this wheat before it is accepted and unloaded at the mills. If it does not come up to the high standard set for *Regal* flour it is refused.

This is why *Regal* flour never varies in quality and why it has become the favorite of every housewife who takes pride in her home baking.

If you have not yet had occasion to use *Regal* flour, do so to-day. We know you will like its delicate flavour; that you will be delighted with the flaky texture and the lasting soft freshness of cakes baked with it.

Your guests will probably not know the reason of your baking success—but you will—you will know that *Regal* flour makes better cakes, more scrumptious pastry, lighter and more digestible pies.

Remember when you next order, that flour cannot be any better than the wheat it is made from and that *Regal* flour is made with the choicest wheat grown in Western Canada and milled by experts in the most modernly equipped mills on the Continent.

The enviable reputation of *Regal* flour as first among choice flours has been earned by genuine merit alone.

ST. LAWRENCE FLOUR MILLS COMPANY LIMITED
MONTREAL, P. Q.



Bread · Biscuits · Muffins

Good home made bread is rapidly becoming a memory only. Many excellent cooks are unable to make bread; yet it is a fact that the home-made article is still the best if it is produced by an expert. Here are a few rules that should be remembered.

A strong glutinous flour as the *Regal* should be used, the quality of the flour is an important factor; it should be a clear white.

The yeast should be fresh and clear.

Be careful not to use old yeast cakes that show brown spots.

The lard or other shortening is used to make the bread more tender. It has the effect of softening the gluten but too much lard will make the loaf heavy.

If too much salt is used, the dough will take a long time to rise, while too little salt leaves the bread with a flat taste; therefore measure the salt with care.

The temperature of the room is an important factor in the making of good bread: 80 degrees is about right.

A room that is too hot is especially undesirable as the yeast will rise too fast and the bread is apt to have a sour taste.

A moderately hot oven should be used for baking; or the dough may be started in a very hot oven and the heat reduced as soon as the bread is set. When the bread is baked, the crust will sound hollow when tapped, and a skewer run into the loaf will come out clean.

When the loaves have been removed from the oven, place them on a wire stand to let out the steam.

REGAL HOME-MADE BREAD

- | | |
|--|-------------------------|
| 3 pounds of <i>Regal</i> flour | 1 ounce of lard |
| 1 quart of liquid (two thirds water
and $\frac{1}{3}$ milk) | 2 small yeast cakes |
| 1 $\frac{1}{4}$ ounces of sugar | 1 dessert spoon of salt |

Dissolve the yeast in one cup of the milk and water heated to 85 degrees. Sift the salt, sugar and flour well together. Mix the flour and liquid, add the lard, and mix for twenty minutes. Set in a warm place, temperature about 80 degrees, and let it rise for three hours or until light. Work down one minute and let it rise again for two hours or a little longer. Half fill the pans and when the dough has risen to the top of the pans, put in the oven to bake.



BRAN BREAD

- | | |
|---------------------------|--------------------------|
| 3 cups bran | 1 teaspoon salt |
| 1 quarter cup syrup | 1 teaspoon soda |
| 2 cups sour milk | 1 teaspoon baking powder |
| 2 cups <i>Regal</i> flour | |

Mix and let rise for one half hour, then bake in a slow oven.

QUICK BREAD

- 1 quart *Regal* flour
- 1 teaspoon salt
- 1 tablespoon sugar

- 4 teaspoons baking powder
- $1\frac{1}{2}$ to two cups of milk, sweet or sour, or same quantity of water and two table-
spoons lard or butter.



This quantity makes one loaf of bread. It should be mixed, left to rise thirty minutes and then baked. The baking powder contains white of egg which keeps the gases together; so bread and biscuits may be mixed early in the day and baked when wanted.

REGAL GEMS

- | | |
|---|----------------------------|
| 2 cups buttermilk | ½ cup sugar |
| 1 teaspoon soda dissolved in a part of it | 2 cups <i>Regal</i> flour, |
| ½ teaspoon salt | 1 cup wheat flour |

Mix well and bake in gempans fifteen minutes.

TEA BISCUITS

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|---------------------------|-----------------------------|
| 3 cups <i>Regal</i> flour | 1 quarter-cup shortening or |
| 1¼ cup shortening or lard | Sufficient milk or water to |
| 3 teaspoons baking powder | make a soft dough |
| | Salt and sugar to taste |

If desired, add one half cup raisins or chopped dates. Dip out in spoonfuls and bake in flat pan.

ST. LAWRENCE NUT BREAD

- | | |
|---------------------------|-------------------------|
| 3 cups <i>Regal</i> flour | 1 cup chopped nut meats |
| 1 cup sugar | 1 egg beaten light |
| 3 teaspoons baking powder | 1 cup sweet milk |
| 1 teaspoon salt | |

Pass the dry ingredients through a sieve, add the nuts, then the beaten egg mixed with the milk; turn into a well buttered bread pan, let stand fifteen minutes, then bake about 45 minutes.



NUT BREAD

- | | |
|---------------------------|-----------------|
| 1 cup brown sugar | ½ teaspoon salt |
| 4 cups <i>Regal</i> flour | 1¼ cup milk |
| 1 cup chopped walnuts | 1 egg |
| 4 teaspoons baking powder | |

Mix dry ingredients, then milk and egg, let dry half an hour, bake slowly 30 or 40 minutes.

REGAL NUT BREAD

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|-----------------------------|---------------------------|
| 1 cup sultana raisins | 4 cups <i>Regal</i> flour |
| 1 cup walnuts (or any nuts) | 4 teaspoons baking powder |
| 1 cup sugar | 2 cups milk |
| 1 teaspoon salt | 1 egg |



Sift flour, powder and salt together, mix in nuts and raisins, add sugar, flour and milk and egg, mix thoroughly, put in well buttered tins and let stand 20 minutes, bake 35 minutes.

CORN MUFFINS

- | | |
|---------------------------|----------------------------|
| 1 cup "Regal" flour | 1 cup milk |
| 1 cup cornmeal | $\frac{1}{4}$ cup molasses |
| 2 teaspoons baking powder | 1 egg |
| 1 teaspoon salt | 1 teaspoon melted butter |

Flour, cornmeal, powder and salt sifted together. Gradually add milk and molasses and beat well; add the well beaten egg and butter. Place in buttered pans and bake 25 minutes.



OATMEAL MUFFINS

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|--|----------------------------|
| 3 cups Regal flour | 1 tablespoon melted butter |
| 1 cup warm cooked oatmeal | 1 teaspoon salt |
| $2\frac{1}{2}$ teaspoons baking powder | 1 beaten egg |
| $1\frac{1}{2}$ cup milk | $\frac{1}{4}$ cup sugar |

Sift flour, powder, sugar and salt together. Add it to the warm oatmeal and milk. Add the butter and egg and bake 20 minutes.

POTATO MUFFINS

Mash three boiled potatoes, add one teaspoon salt, one tablespoon butter; beat well. Add two beaten eggs, half-cup milk, Regal flour to make a drop batter and one teaspoon baking powder. Bake on hot greased griddle in greased rings.

FRUIT ROLLS

Mix together one quart Regal flour, one teaspoon salt, two tablespoons sugar, two teaspoons baking powder, rub in two tablespoons butter. Cut fine $\frac{1}{4}$ pound citron and $\frac{1}{4}$ pound raisins. Mix fruits evenly with dry ingredients, mix to a firm dough with milk. Knead on board for a moment, divide into pieces size of egg, make into long rolls, lay one inch apart on flat greased pans, brush with milk. Bake in a very hot oven.

NUT BISCUITS

Sift together 2 cups Regal flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon baking powder. Rub 1 heaping tablespoon butter, add one cup chopped walnuts and 2 tablespoons sugar; mix to a soft dough with milk. Mold with the hands into small balls, place well apart on greased pans, brush each with milk. Put a pinch of chopped nuts on top. Bake in a hot oven.



FRUIT MUFFINS

Mix together one cup of whole wheat flour (or rye meal), 1 cup of Regal flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt. Add 1 cup figs, dates or raisins or a mixture of the three cut fine. Beat together 1 egg, $\frac{1}{4}$ cup of sugar, 1 cup sweet milk and 3 tablespoons of melted butter. Beat well and bake in well greased muffin pans.



GINGER BREAD

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|---------------------------|---|
| 1 cup molasses | 1 egg |
| 1 cup brown sugar | 2 teaspoons soda dissolved in boiling water |
| Butter the size of an egg | 1 teaspoon ginger |
| | 2 allspice |
| | 1 cup raisins |
| | 2½ cups <i>Regal</i> flour |
| | 1 cup warm water added last |



BRAN GEMS

One egg, 1 cup *Regal* flour, 2 cups bran, 1 teaspoon salt, 3 teaspoons molasses, 1 tablespoon shortening, 1 teaspoon soda, buttermilk to make a stiff dough; raisins may be added if desired. Bake 25 minutes.

REGAL SUPPER ROLLS

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|----------------------|----------------------------|
| 2 cups milk | 1 teaspoon salt |
| 3 tablespoons butter | 6 cups <i>Regal</i> flour |
| 2 eggs | ¼ cup lukewarm water |
| 1 cake yeast | 1 teaspoon ground cinnamon |
| ½ cup sugar | |

Scald the milk and pour it over the sugar, butter and salt. When it has cooled to lukewarm, beat it into 3 cups of flour, sifted 3 times. Then add the yeast dissolved in the lukewarm water. Cover and let rise until a frothy mass. Add the eggs (well beaten), the balance of the flour and the cinnamon. Place in a buttered bowl. Let rise until twice the original size. Form into small rolls, place in a buttered pan and let rise until very light. Brush the top with melted butter. Bake in a hot oven 20 minutes.

POPOVERS

Sift together one cup of sifted *Regal* flour, ¼ teaspoon salt; gradually beat in 1 cup of milk and 1 egg beaten until light. Beat 2 minutes with a beater, and bake ½ an hour in a gem pan in fast oven.

MUFFINS

- | | |
|-----------------------------|---------------------|
| 1 lb. <i>Regal</i> flour | 1 ounce baking soda |
| 2 teaspoons cream of tartar | 3 ounces sugar |
| | 2 ounces butter |



Mix the flour, tartar, baking soda and sugar carefully together and rub in the butter with the tips of your fingers. Mix with sweet or butter milk to a soft dough, using a wooden spoon, roll out and shape. Bake in a hot oven for 10 minutes. Brush over with a little beaten egg and milk.

These muffins are delicious buttered and eaten hot.

PARKERHOUSE ROLLS

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|---------------------------|-------------------|
| 2 cups <i>Regal</i> flour | 1 tablespoon lard |
| 1 cup cornstarch | Yolk of 1 egg |
| 1 teaspoon salt | 1 cake yeast |
| 1 cup lukewarm milk | |



Sift cornstarch, flour, salt in a bowl, add lard, then the yeast mixed with milk, next yolk of egg. Beat ten minutes. Then turn on to board, add flour and knead till dough is firm but does not stick to hands. Place in the bowl, cover and let rise to double its bulk. Then turn out on board. Cut out about one inch thick in fancy shapes. Put on greased pans, let rise to double size and bake till done in medium heated oven.

GERMAN COFFEE BUNS

Scald and cool to lukewarm $\frac{1}{2}$ pint milk. Add 1 heaping tablespoon butter and 2 of sugar, $\frac{1}{4}$ of a yeast cake dissolved in a little warm water, a speck of salt and enough *Regal* flour to make a soft bread dough. Let it rise over night, knead in the morning early, let it rise in a flat buttered tin, then mold. Rub butter over the top, sprinkle with sugar and cinnamon and bake for 20 to 25 minutes. Serve hot with coffee.



CHEAP HOT BISCUITS

Four cups *Regal* flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar, lard the size of an egg, milk, buttermilk or water enough to give it proper consistency. Roll one inch thick and bake in a quick oven.

CORNBREAD—(No eggs)

$1\frac{1}{2}$ cup milk	4 teaspoons baking powder
2 tablespoons shortening	1 tablespoon sugar
$1\frac{3}{4}$ cups corn meal	1 teaspoon salt
$\frac{1}{4}$ cup <i>Regal</i> flour	

Sift the dry ingredients into bowl, add milk and melted shortening, beat well and pour into well greased pan or muffin tins, and bake in hot oven about 25 minutes.

SOUTHERN SALLY LUNN

One quart of *Regal* flour, 3 eggs, 1 teaspoon of butter, 1 cup of yeast, 1 pint of sweet milk. Beat the yolk of eggs light. Stir in the yeast, then butter, milk and flour. Beat the whites light and add last. Let to rise and bake in a pan or muffin rings.

SHORT BREAD

1 cup light brown sugar	3 cups <i>Regal</i> flour
2 cups butter	

Mix butter and sugar well together, add flour and mix until it may be rolled on a board or made into small cakes with the hand. Prick the cakes with a fork. Put a small piece of peel on each and sift with sugar. Bake until a light brown.

ORANGE BREAD

1 yeast cake	1 teaspoon salt
$\frac{1}{4}$ cup lukewarm water	2 tablespoons sugar
1 egg	Grated rind of two oranges
1 tablespoon melted butter	$\frac{3}{4}$ cup orange juice
1 tablespoon melted lard	3 cups <i>Regal</i> flour

Dissolve yeast in warm water, add egg well beaten, butter, lard, salt, sugar, grated orange rind, orange juice and flour. Beat until smooth adding more flour if necessary. Knead until smooth and elastic. Let rise till double its bulk, shape in double loaf, put in a bread pan, let rise again to double its bulk and bake one hour in a moderate oven.

This bread is delicious with orange marmalade for afternoon tea.





Pancakes • Griddle Cakes Waffles and Scones

SCONES

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|------------------------------------|--------------------------|
| Sift 1 quart of <i>Regal</i> flour | 1 beaten egg |
| add $\frac{1}{2}$ teaspoon salt | 2 teaspoons cream tartar |
| 1 teaspoon sugar | 1 teaspoon soda |
| 1 tablespoon lard | 1 pint sweet milk |

Mix to a thick batter, drop in squares on a very hot greased griddle and bake brown on both sides. Serve with butter and honey.

RICE WAFFLES

One and three-fourths cups of *Regal* flour, $\frac{3}{4}$ of a cup of cold boiled rice, $1\frac{1}{4}$ cup of milk, 2 tablespoons sugar, 1 egg, $2\frac{1}{2}$ teaspoons of baking powder, $\frac{1}{4}$ of a teaspoon of salt, 1 tablespoon of melted butter. Sift dry ingredients in rice, add milk, yolk of egg well beaten, and butter, then beaten white. Bake in waffle irons.

GRIDDLE CAKES

Four cups sour milk or buttermilk, 2 eggs, 1 teaspoon salt, two cups (sifted) *Regal* flour, 2 tablespoons hot water. Beat the eggs and salt thoroughly, then add the milk. Stir in the flour and add the soda dissolved in the hot water. Beat well and cook at once on a very hot griddle.

YORKSHIRE SCONES

Mix 2 cups of sifted *Regal* flour to a dough with cream. It is better with sour cream. Make the dough into a large round cake and cook it on a hot greased griddle turning it over when one side is properly baked. When done, split and butter generously. Serve piping hot.

REGAL SCONES



Sift 2 quarts of *Regal* flour, add a pinch of salt, $1\frac{1}{2}$ pint of sour milk in which 1 teaspoonful of bicarbonate of soda is dissolved, mixing to a soft dough. Have in readiness a well floured board and roll out the dough about half an inch thick. Cut with a biscuit cutter and bake on a hot buttered griddle until brown on both sides and thoroughly done. Serve hot with butter.

BUTTERMILK BISCUITS

Sift a quart of *Regal* flour, add a tablespoon of lard, half a teaspoon of salt, one teaspoon of soda, sour buttermilk to make soft dough. Roll thin, cut into biscuits and bake in a very quick oven.



CREAM WAFFLES

Beat two eggs with a pint of sour cream, add a teaspoon of soda, half a teaspoon salt with flour to make a thin batter. Pour in well greased waffle irons, bake brown, butter and serve hot.

POTATO SCONES

Mix $\frac{1}{4}$ teaspoonful of salt with 4 cups of *Regal* flour. Cook and mash 3 fair sized potatoes and mix them with the flour. Add $\frac{1}{2}$ teaspoon of soda, 1 tablespoon of butter and sufficient buttermilk to make a paste. Roll thin and cook on a hot griddle, turning so that both sides are nicely browned.



ROLLED OATS MUFFINS

$\frac{3}{4}$ cup rolled oats	2 tablespoons melted butter
$1\frac{1}{2}$ cup <i>Regal</i> flour	$\frac{1}{2}$ teaspoon salt
1 cup of scalded milk	3 tablespoons sugar
4 teaspoons baking powder	

Turn scalded milk on rolled oats, let stand five minutes, add sugar, salt and melted butter, sift in flour and baking powder, mix thoroughly and add egg well beaten. Bake in buttered gem pans.

ROLLED OATS PANCAKES

Two cups rolled oats (uncooked), $1\frac{1}{2}$ cup *Regal* flour, 1 teaspoon salt, 1 teaspoon soda dissolved in 2 tablespoons hot water, 1 teaspoon baking powder (mixed in the flour) $2\frac{1}{2}$ cups sour milk, or buttermilk, 2 eggs beaten lightly, 1 tablespoon sugar, 1 or 2 tablespoons melted butter. Soak rolled oats over night in milk. In the morning, mix and sift flour, soda, sugar and salt; add this to rolled oats mixture add melted butter, add eggs beaten lightly, beat thoroughly and cook as griddle cakes.

PLAIN PANCAKES

4 cups of <i>Regal</i> flour	3 cups milk
$2\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ teaspoon salt,
	2 tablespoons melted butter

Sift the dry ingredients together, add the milk and butter making a soft batter. Pour $\frac{1}{2}$ cup of batter in hot buttered pan. When full of bubbles, turn and cook the other side. Remove to hot plate and sprinkle with sugar.

CRISPETS

Mix 3 tablespoons of *Regal* flour, 1 teaspoon of baking powder, a pinch of salt and sufficient milk to make a smooth batter. Drop this by spoonful at a time into the hot fat which is left from your breakfast bacon and serve together.



BUCKWHEAT GRIDDLE CAKES

One cup *Regal* flour, 1 cup buckwheat, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder, $\frac{1}{4}$ cup butter (melted) $1\frac{1}{2}$ cup sweetmilk. Sift flour,



sugar, salt and baking powder. Add milk and butter gradually and beat well. Pour by spoonfuls on a slightly greased pan. When lightly browned, turn and cook on the other side. Serve hot.

SOUR MILK GRIDDLE CAKES



Take $1\frac{1}{4}$ cup *Regal* flour, $\frac{1}{4}$ teaspoon salt, 2 teaspoons baking powder, 1 cup thick sour milk or buttermilk, $\frac{1}{4}$ teaspoon soda, 1 egg, 2 tablespoons melted butter. Sift together the flour, salt and baking powder. Stir the soda into the milk and add the egg beaten light and the melted butter. Add to dry ingredients. Cook as above.

ST. LAWRENCE SCONES

Mix 1 teaspoonful each of salt and sugar and 3 cups of *Regal* flour. Rub into this 2 tablespoonfuls of butter and moisten with one cup of fresh cream. Divide the mixture into two parts and roll these into large rounds. Cut each round into 8 triangles and bake five minutes, turning them once.

WAFFLES

To serve five or six people, take 4 eggs and to the beaten yolks add a little salt, a pint of milk and enough *Regal* flour to make a stiff batter. After mixing these to a smooth consistency, thin the mixture by adding gradually the beaten whites of the eggs and enough milk to make it quite thin enough to pour from a teacup adding half a teaspoonful of yeast powder. Have the waffle pan thoroughly hot and well greased with lard and pour the batter in from a cup.

BUTTERMILK SCONES

Two pounds of *Regal* flour, $\frac{1}{4}$ ounce carbonate of soda, 1 pint sour milk or buttermilk, pinch of salt. Mix to a light dough, roll out about $\frac{1}{2}$ inch thick and cut any shape. Bake fifteen minutes.

SWEET MILK GRIDDLE CAKES

One egg, 1 pint of sweet milk, 2 teaspoons of cream of tartar, 1 teaspoon of soda, pinch of salt, *Regal* flour enough for a thin batter. Mix soda and cream of tartar with flour. Beat the egg, add milk and stir into flour. Fry in small cakes on a griddle and serve very hot with butter and sugar, syrup or jam.



RICE GRIDDLE CAKES

Boiled rice left over makes delicious cakes for breakfast. To one cup of rice, add 3 eggs and 1 cup *Regal* flour sifted with 2 teaspoons of baking powder and a little salt. Beat thoroughly with milk enough to make a rather stiff griddle cake batter and fry like other griddle cakes.

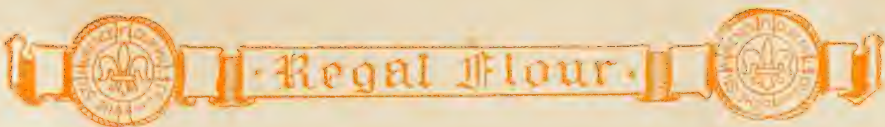
POTATO CAKES

Four cups mashed potatoes, 2 cups *Regal* flour, one egg, 1 tablespoon butter or lard, pinch of salt. Mix the potatoes and flour together with the egg, adding salt. Roll out $\frac{1}{2}$ inch thick. Cut in shapes and bake on baking sheet. Serve hot.





MILLS



CORN GRIDDLE CAKES

One cup corn pulp, 1 egg beaten light, $\frac{1}{2}$ teaspoon salt, $\frac{1}{3}$ cup sweet milk, 1 teaspoon melted butter, $\frac{1}{2}$ cup *Regal* flour, 1 teaspoon baking powder.

To the corn pulp, add egg, salt, butter, sift over them the flour and baking powder and mix to a dough. Bake in small cakes, on a hot, well oiled griddle.

GRAHAM PANCAKES

One egg (well beaten) 1 cup sour milk, 1 teaspoon baking soda, 1 teaspoon salt (dissolved in warm water), 1 cup Graham flour, 1 $\frac{1}{2}$ cup *Regal* flour. Mix and cook as others.



QUICK BUCKWHEAT GRIDDLE CAKES

1 cup buckwheat flour	1 tablespoon molasses
1 teaspoon baking powder	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 cup water

Sift the dry ingredients together twice, add the liquid, stir until thoroughly mixed. Then bake on a hot, well oiled griddle.



You cannot make choice things with inferior elements.

And what is choicer than pastry? It takes so little to spoil a delicious dish. That is why wise housewives do not take any chances, they use *Regal* Flour, the pure rich flour, matchless for the house baking of superior cakes and pastry. That is one of the reasons why the sale of *Regal* Flour is constantly increasing. Sold in bags of different sizes.



Doughnuts · Fritters · Cookies

CORN FRITTERS

One cup corn, 1 cup *Regal* flour, 1 teaspoon baking powder, 2 teaspoons salt, 1 egg. Cook in deep fat (or olive oil).

CHEESE FRITTERS

One pint *Regal* flour, $\frac{1}{2}$ pint of milk, 1 tablespoon butter, 1 teaspoon salt, 2 eggs, $1\frac{1}{2}$ cup grated cheese. Beat the eggs light, add milk and salt, pour half this mixture on the flour and when beaten light and smooth, add the remainder of the flour, then the melted butter and cheese. Fry in boiling fat, a spoonful at a time.

APPLE FRITTERS

Peel some apples and core them with a corer. Then cut the apples in slices. Dip each of these into batter and fry in deep fat. Rhubarb and bananas also make excellent fritters.

CARAWAY SEED COOKIES

Two cups *Regal* flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon caraway seed, 4 teaspoons sugar, milk, 1 tablespoon butter. Mix altogether thoroughly, then wet with milk or water as moist as can be rolled. Then cut into shapes, put on tins, sprinkle with sugar and bake about fifteen minutes in moderate oven.

PEANUT COOKIES

One cup chopped peanuts, 2 tablespoons milk, $\frac{1}{4}$ teaspoon salt, 2 teaspoons baking powder, *Regal* flour and roll thin.

NUT COOKIES



Beat 4 eggs very light, yolks and whites separately. Beat into the yolks 2 cups sugar and 2 cups nuts. Sift 2 teaspoon baking powder with 2 cups *Regal* flour and add to other ingredients. Drop small spoonfuls on buttered pans and bake.

SWEEDISH TIMBALES

Sift $\frac{3}{4}$ of a cup of *Regal* flour, $\frac{1}{2}$ teaspoon of salt and 1 teaspoon of sugar, gradually add $\frac{1}{2}$ cup of milk and 1 beaten egg, then 1 tablespoon of olive oil. Fry on a hot timbale iron in deep fat till crisp and brown. Take from the iron, invert on brown paper to drain. Then fill with any creamed mixture of meat, chicken or fish. Serve as an entree.



HERMIT COOKIES

Two eggs, $1\frac{1}{2}$ tablespoon sugar, $\frac{2}{3}$ cup vutter, 1 cup currants or chopped raisins, 2 tablespoons milk, baking powder one teaspoon to each cup of *Regal* flour, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves. Roll thicker than common cookies.

GINGER COOKIES

One cup brown sugar, 1 cup molasses, 1 cup lard, 1 cup of boiling water, into it dissolve 1 tablespoon soda, 1 teaspoon ginger and *Regal* flour to make soft dough. Roll out and bake in moderate oven.



SOFT GINGER COOKIES

Put $1\frac{1}{2}$ cup of sugar into a bowl, add 1 cup of molasses, 1 cup of lard (or butter and lard mixed), 1 cup of hot water, 2 teaspoons of powdered ginger, 2 teaspoons of soda and sufficient *Regal* flour to make a soft dough. Roll and cut with a cutter, lay the cookies on buttered tins and bake in moderate oven.

GINGER SNAPS

Two cups molasses, 2 cups brown sugar, 1 cup shortening, 4 cups *Regal* flour, 2 tablespoons ginger, $\frac{1}{4}$ teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon soda dissolved in hot water. Do not crowd them in pan. Bake in moderate oven.

NORFOLK DUMPLINGS

Beat 2 eggs thoroughly. Add a cup of milk, a pinch of salt and as much *Regal* flour as will make a stiff batter. Have ready a pan of fast boiling water. Drop the batter into it in small lumps and boil ten minutes, serve immediately. If allowed to stand, the dumplings will become heavy and indigestible.

BOSTON BROWN BREAD

One cup of sour milk, $\frac{1}{2}$ cup of molasses, 1 egg, butter the size of an egg, 1 teaspoon of soda in the milk and enough Graham flour to thicken like cake. Steam three hours, start over cold water.

DOUGHNUTS (cheap) for quick use

One cup of sugar, 1 cup sour milk, 1 tablespoon butter, 1 teaspoon soda, 2 eggs, *Regal* flour to proper consistency, $\frac{1}{2}$ nutmeg. If you have no sour milk, use the fresh but put 2 teaspoons of cream tartar in it. Cook in deep fat or olive oil.



SOUR CREAM DOUGHNUTS

One cup thick sour cream, $1\frac{1}{4}$ cup sour milk, 2 eggs, 1 cup sugar, 1 teaspoon salt, 1 teaspoon soda (dissolved in a little hot water), 1 teaspoon cream of tartar, *Regal* flour to roll. Let dough on ice for one hour, then roll and cut quickly. Do not mix too stiff. Fry in hot fat or oil.



LEMON DROP COOKIES

$\frac{1}{3}$ cup butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon soda

1 egg
 $\frac{1}{2}$ tablespoon lemon juice
 $\frac{3}{4}$ cup *Regal* flour
2. tablespoons hot water
Grated rind of 1 lemon



Cream butter, add sugar gradually and egg beaten until thick and light, soda dissolved in hot water, lemon juice, grated lemon rind and flour. Mix well, drop from tip of teaspoon on to buttered baking sheet and bake in a quick oven.

CINNAMON COOKIES

Three cups *Regal* flour (sifted) 2 cups brown sugar, $\frac{1}{2}$ lb. butter. Work together like you do for pie. Then add 3 eggs well beaten together, roll thin, cut and spread the top with melted butter (use a paint brush). Sprinkle a little white sugar sifted with cinnamon and bake in a quick oven.

PLAIN COOKIES

One cup sugar, $\frac{1}{2}$ cup butter (or lard), 1 egg, $\frac{1}{2}$ cup milk, 2 teaspoons baking powder, *Regal* flour to proper consistency. Roll, cut and bake in a moderate oven.

MAPLE SUGAR COOKIES

One cup sugar, 1 cup of crushed maple sugar, 1 cup of butter, 2 well beaten eggs, 2 tablespoons of water, 2 teaspoons of baking powder and enough *Regal* flour to roll out. Do not make too stiff. Bake in a quick oven.

GEMS

One egg, 1 cup sugar, butter size of an egg, 1 cup milk, 2 cups *Regal* flour, 2 teaspoons baking powder, 1 teaspoon extract of vanilla. Cream butter and sugar, add egg and vanilla. Sift flour and baking powder. Bake in gem moulds in a moderate oven.

CRULLERS

One-half lb. sugar, 3 eggs, 1 tablespoon sweet milk, $1\frac{1}{2}$ ounce butter, *Regal* flour, 1 teaspoon soda, salt. Mix the ingredients with enough flour to make a thick dough. Roll and cut little cakes and drop into hot lard or oil.

COCONUT COOKIES

One half cup butter, 1 cup sugar, $\frac{1}{4}$ cup milk, 1 egg, $\frac{1}{2}$ cup coconut, 2 cups *Regal* flour, 1 teaspoon baking powder. Cream butter and sugar, add egg beaten light, milk and coconut. Add flour and baking powder sifted. Roll thin and bake in a quick oven.



CHOCOLATE COOKIES

One cup butter, 2 eggs, 1 cup sugar, 1 cup shredded coconut, $\frac{1}{2}$ cup milk, 1 teaspoon baking powder, enough *Regal* flour to roll out soft.

PEACH FRITTERS

Ripe, juicy peaches, 1 cup *Regal* flour sifted, 2 eggs, $\frac{1}{4}$ teaspoon salt, $\frac{1}{3}$ cup milk, 1 teaspoon baking powder, 1 tablespoon melted butter. Pare the peaches, cut into halves and remove stones. Beat yolk of eggs, add salt, butter, flour, milk, baking powder, mix well, fold in whites of eggs beaten stiff. Dip the peaches into this batter and fry in deep hot fat, or oil, until a golden brown. Serve warm with powdered sugar.



Pastry · Pies · Tarts

PUFF PASTE

Four cups *Regal* flour, 2 cups butter, 1 cup ice cold water. Wash the butter thoroughly or until free from salt. Mix about one-fourth of the butter into the flour adding enough ice cold water to make a nice paste. Roll out thin and spread more butter on with a knife; fold up as you would a piece of paper repeating this until all the butter is worked in. The dough should be put in a cold place several hours before using. Do not allow it to freeze. Bake in a moderately hot oven.

ROUGH PUFF PASTRY

Three-quarters of a pound of *Regal* flour, $\frac{1}{2}$ lb. butter, salt. Weigh the flour on to a pastry board and add a pinch of salt. Place the butter in the center of the flour and chop finely with a knife. Add gradually sufficient cold water to make a stiff paste. Keep the mixture together on the center of the board and knead lightly with the tips of the fingers. Flour the board and roll the paste into a long strip. Dredge lightly, fold in three, roll out and repeat this process three times. Place in a cold place one hour. This pastry is suitable for tarts and mincepies.

PLAIN PIE CRUST

Two cups (sifted) *Regal* flour, $\frac{1}{2}$ cup cold water, 6 tablespoons butter, 6 tablespoons lard, $\frac{1}{2}$ teaspoon salt. Mix salt with flour with knife, cut in shortening leaving it rather large; stir in water little at a time; do it quickly.

LEMON TARTS

Mix well together the juice and grated rind of two lemons, 2 cups of sugar, 2 eggs, 1 tablespoon of *Regal* flour. Beat it all together until smooth; put into twelve pans lined with puff paste, and bake until the crust is done.

APPLE CUSTARD PIE

Peel sour apples and stew until soft and not much water is left in them, then rub through a colander. Beat 3 eggs for each pie. Put in proportion of 1 cup butter and one of sugar for 3 pies. Season with nutmeg.



PASTRY SANDWICHES

Puff paste, jam of any kind, the white of an egg, sifted sugar. Roll the paste out thin, put half of it on a baking sheet or tin and spread equally over it apricot, greengages or any preserves that may be preferred. Lay over this preserve another thin paste, press the edges together all round and mark the paste in lines with a knife on the surface to show where to cut it when baked. Bake from 20 to 30 minutes and a short time before being done, take the pastry



out of the oven, brush it over with the white of an egg, sift over powdered sugar and put back in the oven to color. When cold, cut it into strips, pile on a dish. These strips cut about two inches long, piled in circular rows and flavored whipped cream poured in the middle, make a very pretty dish.

CHERRY PIE



Line the dish with a good crust and fill with ripe cherries, regulating the quantity of sugar you scatter over them by their sweetness. Cover and bake. Eat cold with white sugar over the top.

PUMPKIN PIE

Select a medium sized pumpkin; cook in water enough to prevent burning. Line a pit tin with crust and fill with the following mixture: 1 cup of pumpkin, a pinch of salt, nutmeg and cloves, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ cup sugar. Add this to the pumpkin with one well beaten egg and 1 cup of milk.

DATE PIE

Yolks of 2 eggs, $\frac{1}{2}$ teaspoon of ginger, allspice to taste, salt, very little sugar, $\frac{1}{2}$ lb. of dates cooked and put through a fine sieve, 1 dessert spoon of *Regal* flour, add enough milk to fill the pie. Bake with under crust. Put the beaten whites on top and brown in oven.

APPLE PIE

Peel, core and slice some apples very small. Sprinkle with 3 tablespoons sugar, 1 tablespoon sifted *Regal* flour, 2 tablespoons water and a few bits of butter. Stir altogether. Bake in a pie tin between two crusts.

CUSTARD PIE

Take 1 cup milk, 2 eggs, 3 tablespoons light brown sugar, 1 heaping teaspoon *Regal* flour, a pinch of salt. Heat the milk but do not let it boil. Beat the eggs, sugar and flour together; add the milk. Line a pie plate with crust. Pour in the custard. Bake in a moderate oven until there is no milk in the center. Do not let it boil as it causes it to curdle. When done, grate nutmeg on top.



ORANGE CREAM PIE

One tablespoon *Regal* flour, $\frac{3}{4}$ cup water, $\frac{1}{2}$ cup sugar, rind of $\frac{1}{4}$ orange, juice 1 orange, juice $\frac{1}{2}$ lemon, yolks of 2 eggs. Place in pan over the fire the flour, water and sugar. Boil five minutes. Remove from fire, add yolks, orange rind, juice of lemon and orange, mix well. Line a pie plate with a very thin crust. Brush out with beaten egg and sprinkle with bread crumbs. Pour in above mixture and bake in a medium oven till crust is light brown. Beat the whites very stiff, add 1 tablespoonful powdered sugar. Arrange by spoonfuls on top of pie and set in hot oven to brown a nice color to suit taste. Serve cold.



PIE CRUST

Take $\frac{1}{2}$ cup *Regal* flour with $\frac{1}{3}$ cup cornstarch, $\frac{1}{3}$ teaspoon baking powder, 2 tablespoons lard, $\frac{1}{3}$ cup cold water, a pinch of salt. Sift flour, cornstarch and baking powder in a bowl, add shortening, rub fine through flour, add last water and salt. Turn on to board, roll lengthwise till smooth and use as desired.

COCONUT CREAM PIE

One-half cup coconut, 4 tablespoons sugar, (granulated) 2 tablespoons powdered sugar, 2 tablespoons cornstarch, 2 cups milk, 2 eggs, $\frac{1}{2}$ teaspoon vanilla extract. Line a pie plate with pastry and bake it in the oven. Beat the yolks of eggs with granulated sugar in a double boiler, add the coconut, cornstarch mixed with the milk. Stir over the fire till the mixture thickens, then add the vanilla and pour into the prepared crust. Beat up the whites of the eggs to a stiff froth, then beat the powdered sugar. Brown lightly in the oven and sprinkle over the coconut.



COCONUT TARTLETS

One cup coconut, 2 tablespoons rice flour or *Regal* sifted twice, 2 eggs, 6 tablespoons butter, $\frac{1}{2}$ teaspoon lemon extract. Roll the paste out thin and line some buttered gem pans with it. Cream the butter and sugar together, add the eggs well beaten, rice flour, coconut and lemon extract. Mix and divide into the prepared pans. Bake in a hot oven for 12 minutes.

RAISIN PIE

One pound seeded raisins, 1 quart of water, 1 cup sugar, grated rind of one lemon, 3 tablespoons of *Regal* flour, 1 egg. Put the raisins and water on to boil and keep adding to the water as it boils down so that you will still have one quart of liquid when the raisins are cooked. Add the lemon to the sugar, then the beaten egg and flour, pour into this the raisins, cook for a couple of minutes more; then remove from the stove. This makes filling for three pies.

MINCE PIE

Four lbs. of lean, cold boiled meat chopped fine, 9 lbs. of apples chopped fine, $1\frac{1}{2}$ lb. of suet chopped fine, 3 lbs. raisins, 2 lbs. currants, $\frac{1}{2}$ lb. of citron sliced fine, 5 lbs. sugar, 3 teaspoons of ground cloves, 10 teaspoons of ground cinnamon, 5 teaspoons of ground mace, 1 teaspoon of ground black pepper, 6 tablespoons of salt, 1 quart of cider and vinegar mixed with 1 qt. of molasses. Mix all and add the juice and grated rind of 2 lemons, or instead of cider, vinegar and molasses, 1 qt. of sherry and 1 pint of brandy may be substituted. Keep this mincemeat in stone jar, add a little more liquor if it should become too dry when about to make pies.



CREAM PIE

A cream pie without cream makes a dainty dessert. Line a deep plate with good paste (pricking it in several places with a fork to let the air out and prevent blisters) and bake a delicate brown. To make the filling, put over the fire in a double boiler, 1 cup of milk. Stir together $\frac{1}{2}$ cup of sugar, a piece of butter the size of a walnut, $\frac{1}{2}$ cup of *Regal* flour, 1 tablespoon of cold milk and the yolks of 2 well



beaten eggs. Mix until they are thoroughly blended and add them to the milk when it boils. Stir until it thickens and when the flour is cooked, take from the fire and flavor with vanilla. Fill the crust that has been baked with custard, beat the whites of the eggs to a froth and add to them 2 tablespoons of powdered sugar; cover the top of the pie with them and brown lightly in the oven. The custard may be flavored with chocolate to make a change.



LEMON PIE

1½ cup of sugar, 1 cup of water, 2 tablespoons of *Regal* flour, yolks of 2 eggs, juice and grated rind of 1 lemon. Beaten whites of eggs with a little powdered sugar for top.

LEMON CREAM PIE

Four eggs, 1 cup sugar, 2 heaping tablespoons *Regal* flour, 1½ cup boiling water, the grated rind and juice of two lemons. Beat the yolks and the whites of the eggs separately. To the beaten yolks, add the sugar, flour, lemon juice, rind and lastly the boiling water. Cook in a double boiler and when it begins to thicken, add to it one-half of the beaten whites. Stir this in thoroughly and let it cook until it is as thick as desired. Use the remainder of the whites for the meringue on top of the pie. After the custard has cooled, fill a baked shell pie, the meringue on top and bake in a very slow oven until brown. Meringue is made with 2 whites of eggs, 4 tablespoons icing sugar. Beat stiff adding sugar all the time. It is important to have everything cold.

CHEESE STRAWS

Roll piecrust dough the same thickness as for pies. Cut in strips from six to ten inches wide and cut the strips into straws or sticks a quarter of an inch in width. Lay upon baking sheets leaving a space between the straws a third the width of the straws. Grate rich cheese, season to taste with salt and red pepper and scatter thickly over the straws and the spaces between them. Put in the oven where the greatest heat will be and bake 10 to 15 minutes. Cut the cheese in the center of the spaces between the straws, remove from the baking sheet with knife and pile tastily on a plate.

LEMON PIE WITH RAISINS

One egg, 1 cup of raisins, 1 large lemon, 1 cup boiling water, 1 cup light brown sugar, ½ cup of molasses, 2 tablespoons of melted butter, 1 tablespoon of *Regal* flour. Chop raisins fine; grate the yellow part of lemon; stir the flour to a paste in cold water and add to the cup of boiling water. Beat the eggs and stir all together. This will make the filling for 2 pies with top and bottom crust.

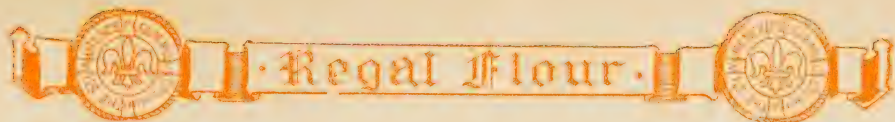


MINCE MEAT

One pound chopped raisins, 1 lb. currants, 1 lb. chopped suet, ½ lb. chopped apples, 1 wine glass whiskey, 1 lb. sugar, juice and rind of 2 lemons. This will keep for months.

RISSOLES AND PATTY CASES

Rissoles are very dainty entrees, considered elaborate enough for the most formal occasions. Cut puff paste in oblong pieces three by 4 inches or stamp out in



rounds. Place a spoonful of any savory meat mixture (creamed chicken, sweetbreads or mushrooms, daintily seasoned being most suitable) on the lower half, fold over the wet edges of upper half and press well together. A sauce is served with them. A satisfactory proportion is 2 tablespoons of butter, 2 tablespoons of *Regal* flour, 1 cup of chicken or other stock. Study to season the mixture and sauces in a way all your own, setting seal of your own dainty individuality upon the dishes you prepare.

For patties, roll puff paste $\frac{1}{4}$ inch thick, stamp out round with French cutter, remove centers from half the rounds, lay on the rings and press together. Chill and bake 25 minutes.



A PIE MOLD

Puff paste may be used, or "half puff", a pastry we would class as rich with about half as much butter as *Regal* flour. This paste is put on the outside of a bowl of tin or graniteware, and pricked all over to keep it from puffing up in unseemly bubbles. A lid is fashioned from another round of pastry covering a saucer. It is ornamented with medallions and scalloped edged ribbons of paste put on according to the cook's taste. It must be very carefully baked and turned frequently. When cold, slip it off the mold and serve in any way desired. It may hold creamed meat, any stewed fruit or fresh fruit with powdered sugar sifted over it.

REGAL LEMON PIE

$1\frac{1}{4}$ cup of sugar, $\frac{1}{3}$ cup *Regal* flour, pinch of salt, juice of one lemon, grated rind, 3 egg yolks, 1 cup boiling water, 1 teaspoon butter. Mix sugar, flour and salt, add boiling water, stirring constantly. Cook until flour thickens, then add butter, egg yolks, rind and juice of 1 lemon. Turn into a pie plate lined with flaky pastry which has been baked until a golden brown. Make a meringue of three egg whites, add $\frac{1}{2}$ cup of powdered sugar with a teaspoon of lemon juice. Cover pie with meringue and bake in a moderate oven until brown. Allow to cool before serving.

TARTLET SHELLS OR BASKETS

Cover the outside of individual scalloped tins with pastry pricking several times with a fork and bake in a moderate oven. Remove from tins and fill as desired. Handles may be made from strips of pastry twisted and baked over a baking powder box, then removed and kept upright in tartlet shell by the filling used.

CREAM PIE CRUST

One cup *Regal* flour, $\frac{1}{3}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup heavy cream, 2 tablespoons butter. Sift together flour, baking powder and salt; add heavy cream to moisten; put on floured board, knead slightly, roll thin, spread with butter well creamed, fold over, roll out again, line pie plate, put in filling and bake.



FLAKY PIE CRUST

Take 2 tablespoons lard, put into this soda half as big as a pea, cream together with spoon, add cup of sifted *Regal* flour, salt, nutmeg. Mix well with spoon.



Gradually stir in ice water to right consistency (about 3 tablespoons) and keep as cool as possible till ready for oven.

CHOCOLATE FILLING FOR TARTS



Have ready pastry cups and fill with this mixture: take the yolk of 1 egg, 1 tablespoon *Regal* flour, $\frac{1}{2}$ cup sugar, 1 tablespoon chocolate and 3 cups of milk. Mix well, bring to a boil. Then pour in your baked crusts and beat the white of an egg, sweeten and pile on top of the chocolate tarts, put in oven to brown.

RHUBARB PIE

Two cups rhubarb (stewed), 1 cup sugar, 2 tablespoons *Regal* flour, 1 egg. Bake with two crusts.

MAPLE SYRUP PIE

One cup maple syrup, $\frac{1}{2}$ cup water, 2 eggs (whites for frosting) 2 tablespoons *Regal* flour, butter size of a walnut. Cook in double boiler. Bake the crust, then fill up with custard. Cover with meringue.

BLUEBERRY PIE

Wash and dredge blueberries with *Regal* flour, then add one half cup sugar for each pint of berries. Fill paste sheets with this, dot with butter, cover with another crust and bake. Raspberries may be used the same way, also strawberries.



Regal Flour is milled especially for house baking—it is the finest flour obtainable. White as snow, rich and nourishing, it makes rich, light pastry and cakes that are truly masterpieces of the baker's art. Milled in Canada's most up-to-date mills with the choice of Canadian Wheat, blended by experts, it is guaranteed as a No. 1 flour.

Sold in bags of 7 lbs. and over.



Cakes

CREAM CAKE

One cup of white sugar, $\frac{3}{4}$ cup sweet milk, 1 egg, butter the size of an egg, 2 cups of *Regal* flour, 2 teaspoons baking powder, flavor with lemon extract.

COMMON CAKE

Two and a half cups *Regal* flour, 1 cup of milk, 1 cup of white sugar, 1 egg, 1 tablespoon of butter, dripping or lard, $\frac{1}{2}$ teaspoon ginger and cinnamon, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar sifted in flour. Bake in two tins. Icing: 1 cup icing sugar, butter the size of a walnut, 1 teaspoon vanilla, cream well together, then add milk or cream enough to make it spread nicely.

DEVIL'S CAKE

One half cup brown sugar, 1 tablespoon butter, yolks of 3 eggs, $\frac{1}{2}$ cake unsweetened chocolate cooked with 2 teaspoons sugar, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda and *Regal* flour enough to make a good batter.

MOCHA CAKE

One-half cup butter, 1 cup sugar, $1\frac{1}{2}$ cup *Regal* flour, 1 teaspoon soda and 2 teaspoons cream of tartar, $\frac{1}{2}$ cup milk. Last of all, the whites of 4 eggs beaten stiff. Bake in a shallow tin.

Butter icing: Beat $2\frac{1}{2}$ tablespoons butter to a cream, add 2 cups icing sugar, $1\frac{1}{2}$ tablespoon of vanilla. Cut the cake in small squares, cover with the icing and roll each piece in minced blanched almonds.

GINGERBREAD

One cup of brown sugar, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of butter, 1 egg, 1 cup of sour milk, 1 teaspoon of soda, 1 teaspoon of cinnamon, 2 teaspoons of ginger, 1 teaspoon of cloves, *Regal* flour enough to make a batter.

WALNUT CAKE

Three-quarters of a cup of butter, 1 cup white sugar, 1 cup sweet milk, 1 cup chopped walnuts, 2 eggs, 1 cup raisins, 2 cups *Regal* flour, $2\frac{1}{2}$ teaspoons baking powder.



FUDGE CAKE

Three-quarters of a cup of butter, 1 cup sugar, $\frac{1}{4}$ cup chocolate melted over hot water, yolks of 2 eggs, 1 cup milk, $2\frac{1}{2}$ cups sifted *Regal* flour, 1 teaspoon baking powder, whites of 2 eggs. Mix the ingredients in the order mentioned. Bake in a loaf and cover with the following frosting.



Frosting, $\frac{1}{4}$ tablespoon butter, $\frac{1}{2}$ cup chocolate, $\frac{1}{4}$ cup milk, 1 teaspoon vanilla. Melt chocolate over hot water, add butter, sugar and milk. Cook for 10 minutes. Let it cool a little and add vanilla. Beat until it is of consistency to spread.

COONTOWN CAKE



Two eggs, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup of molasses, $\frac{3}{4}$ cup of coconut, 1 teaspoon baking soda, 2 cups *Regal* flour, 1 teaspoon mixed spice. Bake in two layers.

Filling. Chopped dates cooked in a little water.

Icing. 10 tablespoons icing sugar, 4 tablespoons melted butter, 1 tablespoon vanilla. Sprinkle with chopped walnuts.

COCOA CAKE

Two eggs
 $\frac{1}{4}$ cup butter
1 cup sugar
 $\frac{1}{2}$ cup milk

$\frac{3}{4}$ cup cocoa
1 cup *Regal* flour
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon soda dissolved in milk

SPICE CAKE

One-third cup shortening, $\frac{2}{3}$ cup sugar, 1 cup milk, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon cinnamon, $\frac{1}{4}$ cup citron, 1 egg, $\frac{1}{4}$ teaspoon allspice, $\frac{1}{4}$ teaspoon nutmeg, 2 cups *Regal* flour, 3 teaspoons baking powder. Cream shortening, add sugar and well beaten egg, also half of dry ingredients which have been sifted together. Add the milk and mix well, then add the remaining ingredients and citron. Bake in a well greased loaf pan, in a moderate oven, 35 or 40 minutes.

ROLLED OATS MACAROOON

One cup sugar, 2 eggs, 2 teaspoons baking powder, 1 tablespoon butter, 1 teaspoon vanilla, $2\frac{1}{2}$ cups uncooked rolled oats. Cream butter and sugar, add yolks of eggs. Add rolled oats to which baking powder has been added and add vanilla. Beat whites of eggs stiff and add last. Drop on butter tins with a teaspoon, but very few on each tin as they spread. Bake in slow oven. Makes about 65 cookies.

CHOCOLATE CAKE

One and one-half cup sugar, $\frac{1}{2}$ cup butter, 3 eggs, $\frac{3}{4}$ cup milk, 2 cups *Regal* flour, 1 teaspoon baking powder, 1 ounce of unsweetened chocolate. Cream the butter and sugar, add the well beaten eggs (saving out the white of one), then the milk. Sift flour with baking powder twice and mix thoroughly with the above. Warm the chocolate over hot water and stir into the batter, bake about 35 minutes in moderate oven. Let cool and split in two with a knife. Frost each part with the following. Filling: 1 cup sugar, 4 tablespoons water, 1 egg, 2 ounces unsweetened chocolate, pinch of cream tartar.



VANILLA CAKE GEMS

1 cup sour cream, 1 cup sugar, 2 cups *Regal* flour, 2 teaspoons baking powder, 2 eggs, $\frac{1}{2}$ teaspoon salt and soda, 1 teaspoon vanilla extract. Bake in gem pans. Sprinkle sugar over before putting in hot oven.



ONE EGG CAKE

Half a cup of butter creamed with 1 cup sugar, 1 egg beaten light, 1 cup sweet milk, 2 cups *Regal* flour, 2 teaspoons baking powder, 1 teaspoon lemon flavor.

EXTRA NICE WALNUT CAKE

Beat to a cream $\frac{1}{2}$ cup of butter and 1 cup sugar. Dissolve $\frac{1}{2}$ cup of cornstarch in $\frac{1}{2}$ cup of milk and add to butter and sugar. Then add 1 cup *Regal* flour with 1 teaspoon of baking powder and the whites of 2 eggs beaten stiff. At the last, add 1 cup of chopped walnut meats and flavor with vanilla.



INEXPENSIVE SPONGE CAKE

$\frac{1}{2}$ cup of granulated sugar, $1\frac{1}{2}$ cup of *Regal* flour with 1 teaspoon baking powder sifted together 3 times. Three eggs beaten separately, $\frac{1}{2}$ cup cold water. Pour about half the water on the sugar and then add yolks of eggs well beaten. Add the remainder of the water and flour alternately, then add whites of eggs, stir lightly, put in pan and bake 40 minutes.

MAPLE SUGAR FILLING FOR CAKE

Break into small pieces enough maple sugar to make 1 cup. Put it into a saucepan with 1 cup of sweet cream and 1 cup sugar. Heat slowly stirring occasionally until the maple sugar is entirely dissolved. Boil steadily without stirring until when tried in very cold water, it can be rolled into a soft ball between the fingers. Take at once from the fire, stir in a cup of chopped pecans, let stand for five minutes, then stir slowly until it begins to thicken and spread between the layers of cake.

MAPLE SUGAR FROSTING

Add 1 cup of sweet cream to 2 cups of rolled maple sugar; boil slowly until it threads from a spoon, about $\frac{3}{4}$ of an hour. Then let it get about half cool, stir in half a cup of chopped English walnut meats, beat until it becomes creamy, then spread over the cake.

GINGER WAFERS

Stir $\frac{1}{2}$ cup of butter to a cream. Add gradually 1 cup of pulverized sugar and 1 tablespoon of ginger. Add $\frac{1}{2}$ cup of cold water and 2 cups of sifted *Regal* flour. Spread thin on a baking sheet and bake in a cool oven. Cut into squares, triangles or cubes with a sharp knife and remove from the baking sheet by slipping a limber knife under them. The baking sheet should be well greased and quite cold when the dough is spread on it.



STRAWBERRY ECLAIRS

Boil together in a saucepan 1 cup of boiling water, $\frac{1}{4}$ cup butter and a speck of salt. As it begins to boil, stir in 1 cup of sifted *Regal* flour. Stir constantly until the mixture leaves the sides of the pan and cleaves together in a ball. When partly cool, add 4 eggs beating them in one at a time. Drop carefully in long narrow strips some distance apart on buttered tins and bake in a moderate oven, well



risen—about 30 minutes. Leave the oven door open a few minutes before removing the eclairs to prevent their falling. When they are cool, split one side, fill with sweetened strawberries or jam. Spread with boiled icing colored with strawberry juice.

LADY FINGERS



Beat the whites of 3 eggs till dry, add $\frac{1}{3}$ of a cup of powdered sugar gradually and continue beating. Then add the yolks beating till lemon colored and $\frac{1}{4}$ of a teaspoon of vanilla. Fold in $\frac{3}{4}$ of a cup of *Regal* flour mixed with $\frac{1}{8}$ teaspoon of salt. Shape with a pastry bag and tube on unbuttered sheets of paper. Sprinkle with powdered sugar and bake 8 minutes in a moderate oven. Remove from the paper with a knife.

AN INEXPENSIVE CAKE

One cup of black molasses, $\frac{1}{2}$ cup of brown sugar, $\frac{1}{2}$ cup of butter, 1 cup of hot water, 1 dessertspoon soda, 2 cups *Regal* flour, 1 dessertspoon of spices using ginger or not to your taste. This may be used for pudding, or by adding fruits make a nice fruit cake. Bake in a quick oven.

HOT WATER SPONGE CAKE

Beat the whites of 3 eggs, add 1 cup of fine sugar, then 3 yolks well beaten, 1 teaspoon of vanilla or lemon, 1 cup of *Regal* flour sifted with $\frac{1}{2}$ teaspoon baking powder and 2 tablespoons of boiling water. Bake in a loaf from 20 to 35 minutes.

SPONGE DROPS

Beat 3 eggs lightly, add $\frac{3}{4}$ cup granulated sugar, 1 heaping cup of *Regal* flour sifted with 1 teaspoon of cream of tartar and $\frac{1}{2}$ teaspoon of soda (or 1 heaping teaspoon of baking powder). Flavor with 1 teaspoon of lemon extract. Drop in teaspoons 3 inches apart, on buttered tins. Bake in a quick oven. It is safe to bake one cake as a trial to see if the mixture needs any more flour. The cakes would spread in the oven and they ought to be about $\frac{1}{2}$ inch thick when baked.

GINGER BREAD (Eggless)

Sift together 2 cups *Regal* flour, $\frac{1}{2}$ teaspoon of cream of tartar and $\frac{1}{4}$ teaspoon salt. Dissolve 1 teaspoon of soda in $\frac{1}{2}$ cup of hot water, add 1 cup of molasses and combine with the flour mixture. Beat 1 tablespoon of melted butter into this and bake in a moderate oven.

JOHNNY CAKE (Eggless)



Sift $\frac{1}{2}$ cup each of corn meal, *Regal* flour and sugar, $\frac{1}{2}$ teaspoon of soda and $\frac{1}{2}$ teaspoon of salt thoroughly together. Add $1\frac{1}{4}$ cup of sour milk. Use buttermilk if you have it. Beat thoroughly, pour into cake pan and bake in a hot oven.

SOUR MILK CAKE

Sift together $1\frac{1}{2}$ cup of *Regal* flour, 1 teaspoon each of soda, clove, cinnamon and nutmeg. Cream 1 cup of sugar with 1 cup of butter (or half lard). Add the flour and 1 cup of sour milk alternately. Then 1 cup of raisins mixed with $\frac{1}{2}$ cup of flour. Beat thoroughly and bake in a moderate oven. If the batter seems too stiff remember that cake without eggs require a stiff batter.



DEVIL'S FOOD CAKE

2½ cups *Regal* flour, sifted, 2 cups sugar, ½ cup of butter, ½ cup sour milk, ½ cup of hot water, 2 eggs, ½ cake of chocolate, 1 teaspoon of vanilla, 1 teaspoon soda. Grate chocolate and dissolve with the soda in hot water. Use white icing.

BOILED ICING

Boil 1 cup of granulated sugar with ¼ cup of water until the syrup hairs when dropped from a spoon. Have ready the beaten white of 1 egg. Pour the syrup slowly upon the egg stirring constantly. Flavor the same as the cake and spread on the cold cake when the icing is stiff enough not to run. Cut in squares or slices.



MARGUERITES

Cut a sheet of sponge cake into small rounds, dip in confectioner's chocolate. While this is still moist, lay split blanched almonds cut in halves around each little cake like the petals of a daisy. Into the center, drop the daisy heart made of fondant colored yellow. For a change, you may use white fondant and split almonds which have been delicately browned in the oven making the marguerite heart of chocolate.

COFFEE CAKE (Eggless)

1 cup coffee	1 teaspoon cloves
½ cup butter	1 teaspoon cinnamon
1 cup sugar	1 nutmeg
1 cup molasses	½ lb. raisins
3 teaspoons baking powder	4½ cups <i>Regal</i> flour

EGGLESS RAISIN CAKE

1 cup sugar, butter the size of an egg, 1 cup sour milk, 1 teaspoon soda, 2 cups *Regal* flour, ½ lb. seeded raisins, clove, cinnamon, nutmeg and allspice to taste, ½ teaspoon salt. Cream butter and sugar, add milk. Sift soda, salt, spices with flour, stir the raisins with moist ingredients, turn into greased pan. Cover with inverted pan of the same size and steam an hour and a half.

ORANGE FRUIT CAKE

¼ cup butter, ⅓ cup of sugar, 1 egg, ⅔ cup orange marmalade, 2 cups *Regal* flour, 1 teaspoon baking powder, ⅛ teaspoon soda, ⅛ teaspoon cinnamon, cloves, ½ cup chopped raisins, ½ cup chopped nut meats. Cream butter, add gradually ½ the sugar; beat egg until light, add remaining sugar and combine mixtures, then add the marmalade. Sift together the flour, soda, baking powder, cinnamon, cloves, add to mixture with raisins and nuts. Bake in one loaf in moderate oven.



ORANGE JELLY ROLL

Three egg whites, 3 egg yolks, 1 cup sugar, grated rind of 1 orange, ⅓ cup orange juice, 1 cup *Regal* flour, 1 teaspoon baking powder, ¼ teaspoon salt. Beat egg whites until stiff; add yolks, one at a time and continue beating; add sugar gradually, add grated orange rind and orange juice. Fold in flour mixed and sifted with baking powder and salt. Line bottom of pan with paper and butter paper



and sides of pan. Pour in cake mixture, spread evenly and bake in a moderate oven 12 minutes. Take from oven and onto a paper sprinkled with powdered sugar. Remove paper and cut crusty edges from four sides of cake working rapidly. Spread with orange jelly. Roll and wrap in the sugared paper that cake may be held in shape.

GENOA CAKE



One cup butter, chopped rind one lemon, 1 cup sugar, 4 egg yolks, $1\frac{1}{2}$ cup *Regal* flour, $\frac{1}{4}$ teaspoon cinnamon, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup almonds, $\frac{1}{4}$ cup candied cherries, 4 egg whites. Cream butter, add yellow rind of lemon finely chopped, add sugar gradually. Beat egg yolks until thick and lemon colored, add to first mixture and beat thoroughly. Then add flour, sifted with baking powder, salt, and cinnamon, almonds blanched and shredded, cherries cut in small pieces and egg whites beaten stiff. Mix well and bake in pan lined with paper, buttered and sprinkled with 2 tablespoons each of flour and sugar sifted together. Shredded coconut or raisins may be substituted for the almonds and cherries.

ROLLED ORANGE WAFERS

$\frac{1}{2}$ cup butter, 1 cup sugar, grated rind of 1 orange, 1 teaspoon soda, 1 tablespoon cold water, $\frac{1}{2}$ cup orange juice, 2 cups *Regal* flour. Cream butter, gradually add sugar and orange rind, beating until light. Dissolve soda in cold water, add to orange juice, then add alternately with flour to first mixture. Spread mixture on well buttered sheet in the thinnest possible layer and bake in a moderate oven. When baked, cut in squares; quickly roll each square while hot over handle of a wooden spoon and arrange on a doily covered plate.

ORANGE CAKE

$\frac{1}{2}$ cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup orange juice, grated rind of 1 orange, 1 tablespoon lemon juice, $1\frac{3}{4}$ cup *Regal* flour, $\frac{1}{2}$ teaspoon soda. Cream butter, add sugar and eggs beaten until thick. Sift flour and soda together 4 times; add alternately with combined fruit juice and rind to first mixture. Put in buttered and floured cake pan and bake in moderate oven 35 or 40 minutes. Cover with boiled orange frosting.

Boiled orange frosting. 1 cup sugar, $\frac{1}{3}$ cup orange juice, grated rind 1 orange, 1 egg white. In a saucepan, put sugar, orange juice and rind; mix well and boil. Do not stir syrup until it will spin a long thread when it drips from tip of spoon. Lift from fire and pour slowly while beating vigorously with a strong egg-beater in a fine stream onto egg white which has been beaten until light but not stiff. Continue beating until frosting is stiff enough to stay in place; pour all at once on cake and spread over surface with a large flat knife.

ORANGE CAKE FILLING



Grated rind of 1 orange, $\frac{1}{2}$ cup sugar, 2 tablespoons cornstarch, $\frac{2}{3}$ cup boiling water, 2 tablespoons butter, 1 egg, $\frac{1}{3}$ cup orange juice, 1 teaspoon lemon juice. Put grated orange rind, sugar and cornstarch in saucepan, mix well, pour on boiling water, cook 10 minutes stirring constantly; then add butter. Pour mixture over well beaten egg, return to saucepan, stir constantly and cook 1 minute. Add orange juice and lemon juice, beat well and when cool, use as a filling in layer cake.

ORANGE FROSTING

Grated rind of 1 orange, 3 tablespoons orange juice, 1 teaspoon lemon juice, 1 egg yolk, confectioner's sugar. Mix grated orange rind with fruit juices and



let stand 15 minutes. Strain into egg yolk beaten until thick: add sifted confectioner's sugar until of right consistency to spread.

MOCHA CAKES

Cut slices from Orange Jelly Roll or little shapes from a sheet of fine grained cake. Frost sides with orange frosting and roll in shredded coconut. Then frost tops and decorate with frosting colored if desired and forced through pastry bags made of strong paper.

ORANGE SHORT CAKE

2 cups *Regal* flour, 6 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 6 tablespoons butter, 2 egg yolks, milk, oranges. Mix flour, baking powder, salt and sugar and sift together 4 times. Work in butter, using tips of the fingers. Beat egg yolks; add milk to make $\frac{3}{4}$ of a cup, stir into flour mixing with a knife. Put on board, knead slightly, roll, cut out with a large biscuit cutter and bake in a hot oven. Split shortcakes, butter generously, fill with oranges that have been pared, cut in thin sections and sweetened. Serve with whipped cream, marshmallow cream or ice cream.



ORANGE AND RASPBERRY SHORT CAKE

Make shortcake as for orange shortcake. Pare 4 oranges, remove sections from membrane; cut each section in 3 pieces and sprinkle with sugar. Split short cake; spread generously with butter, then with raspberry jam; cover with oranges; put top of shortcake on, cover with whipped cream and serve.

LEMON QUEEN CAKE

$\frac{1}{3}$ cup butter, 1 cup *Regal* flour, $\frac{1}{4}$ teaspoon soda, 3 egg whites, $\frac{5}{8}$ cup powdered sugar, $\frac{3}{4}$ tablespoon lemon juice. Cream butter; add $\frac{3}{4}$ of the flour sifted with soda, then add lemon juice. Beat whites of eggs until stiff; add sugar gradually while beating constantly, combine mixtures; then fold in remaining flour. Bake 40 minutes in a moderate oven.

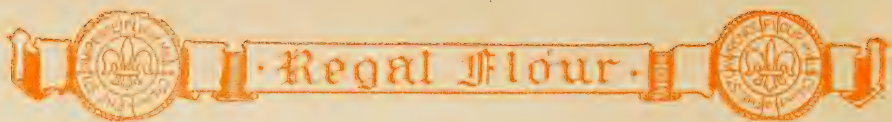
MAPLE LAYER CAKE

$\frac{1}{2}$ cup shortening, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, 2 cups *Regal* flour, 3 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 1 teaspoon flavoring. Cream shortening and sugar together, add yolks of eggs and flavoring, mix well and add milk slowly stirring until smooth. Sift flour, baking powder and salt together, add half to mixture, then half of stiffly beaten whites of eggs, then the rest of flour. Fold in balance of whites. Pour into greased layer cake tins and bake about 12 or 15 minutes. For middle layer of chocolate, take $\frac{1}{3}$ of the batter of the above recipe and add 1 ounce melted chocolate. Put together with: Maple Icing. 1 cup of maple sugar, whites of 2 eggs, boil syrup until it spins a good thread, add very slowly to stiffly beaten whites of eggs, beat with wire whips preferable on a platter until it is stiff enough to spread.



MOCHA LAYER CAKE

Take the same recipe as for maple layer cake and use $\frac{1}{2}$ cup strong coffee in place of milk and 1 teaspoon cinnamon for the 1 teaspoon flavoring called for and put together with mocha icing and filling.



Mocha Icing and Filling: $1\frac{1}{2}$ tablespoon butter, $2\frac{1}{2}$ cups confectioner's sugar, 4 tablespoons strong coffee, $2\frac{1}{2}$ tablespoons cocoa, $\frac{1}{4}$ teaspoon salt. Cream butter and sugar, add cocoa, coffee and salt and stir until smooth. Spread between layers and on top of cake.

CHOCOLATE LAYER CAKE



Use the same recipe as for Maple Layer Cake and add three ounces melted chocolate and put together with the following icing and filling. Two egg whites, 3 ounces chocolate, $1\frac{3}{4}$ cup confectioner's sugar, 1 teaspoon butter, 1 teaspoon vanilla. Melt the chocolate and butter together over hot water: beat egg whites until stiff, add the sugar a little at a time, add vanilla and chocolate; beat until smooth and spread between layers and on top of cake.

COCONUT LAYER CAKE

Make same as maple layer cake and put together with following icing and filling.

$\frac{1}{4}$ cup cream, 2 cups confectioner's sugar, 1 cup grated coconut, 1 teaspoon vanilla. To the cream, add enough sugar slowly to make paste stiff enough to spread between layers and on top of cake and sprinkle with the coconut while still soft.

COCONUT SPONGE DROPS

1 ounce coconut, 2 eggs, 3 ounces sugar, 3 ounces *Regal* flour, $\frac{1}{3}$ teaspoon baking powder, some apricot jam. Beat up the egg and sugar together for 10 minutes, then sift flour and baking powder; add the coconut. Butter a baking tin and put the mixture on it in round heaps. Bake 10 minutes. When cold, spread with apricot jam and roll in chopped coconut.

COCONUT MERINGUES

3 tablespoons coconut, 4 whites of eggs, 1 cup sugar, $\frac{1}{2}$ teaspoon vanilla extract. Beat up the whites of the eggs to a stiff froth, then beat in $\frac{2}{3}$ of the sugar and continue to beat for 5 minutes. Now fold in the remainder of the sugar, add vanilla and the coconut. Shape with a tablespoon on a wet papered tin sheet, sprinkle with chopped coconut and bake in a slow oven.

COCONUT LUNCHEON CAKES

1 ounce coconut, 1 cup *Regal* flour, 1 teaspoon baking powder, 2 eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ teaspoon almond extract. Beat the butter and sugar to a cream, add the yolks of eggs well beaten, the whites beaten to a stiff froth, flour, baking powder, almond extract and coconut. Mix and turn into a small buttered and floured cake tin, sprinkle a little coconut over the top and bake till ready in a moderate oven. Cut in squares.



STRAWBERRY SHORTCAKE

2 cups *Regal* flour, 4 teaspoons baking powder, 1 teaspoon salt, $\frac{1}{2}$ cup lard, about $\frac{3}{4}$ cup milk, 1 to 2 quarts strawberries. Mix and sift dry ingredients. Cut in lard. Then add milk gradually. Divide in two. Toss on well floured board and roll lightly to fit layer cake pan. Brush top with 1 tablespoon of butter. Roll other half and place on top of first. Bake in hot oven. Then separate the layers. Sweeten strawberries to taste, place on back of range for a few minutes. Then crush slightly and put between layers and on top of shortcake. Leave a few strawberries whole for garnishing. Serve with or without whipped cream as desired.



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REGAL FLOUR



NUT CAKE

2 cups sugar, 1 cup milk, $\frac{2}{3}$ cup butter, 3 cups *Regal* flour, 3 eggs, 2 teaspoons baking powder, 1 cup chopped walnuts (or any nuts). Cream butter and sugar, add milk, eggs, flour and baking powder, last the nuts. Bake in a moderate oven.

COMPOSITION CAKE

2 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 2 cups *Regal* flour, 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon soda, 1 teaspoon lemon extract.



MARSHMALLOW DAINTIES

Buy $\frac{1}{2}$ lb. of marshmallow and $\frac{1}{2}$ lb. of vanilla wafers. Lay a marshmallow on top of each wafer. Place in hot oven to brown quickly and lightly.

COCONUT KISSES

Mix 1 cup sugar, 2 cups coconut, 1 tablespoon *Regal* flour, moisten the mixture with whites of eggs to make it stick. Drop by spoonfuls on a buttered tin. Bake in very hot oven.

PEANUT MACAROONS

Mix 1 cup chopped peanuts, 1 cup powdered sugar, 1 large tablespoon *Regal* flour and the stiffly beaten whites of 2 eggs. Drop the mixture by teaspoonfuls on paper and bake a light brown in a moderate oven.

CHRISTMAS CAKE

4 cups sugar, 3 cups melted butter, 4 cups molasses, 2 cups sweet milk, 10 eggs, 2 teaspoons soda, 2 teaspoons each cinnamon, cloves, allspice, 2 nutmegs, 8 cups *Regal* flour, 3 lbs. raisins, 2 lb. currants, 1 lb. mixed peel, 1 lb. chopped nuts. Bake in slow oven.

CITRON CAKE

eggs, $2\frac{1}{2}$ cups brown sugar, 1 cup butter and lard mixed, 1 cup sour milk, 1 cup citron, $1\frac{1}{2}$ cup raisins, $1\frac{1}{2}$ cup currants, a little lemon peel, pinch of salt, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1 teaspoon soda, 4 cups *Regal* flour. Bake in slow oven.

FIG CAKE (Eggless)

1 lb. figs, 1 lb. brown sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoon cream of tartar, $1\frac{1}{2}$ teaspoon soda, 4 tablespoons melted butter, *Regal* flour. Boil separately for 2 hours figs and brown sugar with enough water to cover. When cool, add the salt, cream of tartar and soda. Dissolve both the cream of tartar and soda in milk. Add melted butter and enough *Regal* flour to make a soft batter.



BANANA CAKE (Eggless)

1 cup sugar, $\frac{1}{4}$ cup butter, $\frac{2}{3}$ cup milk, 2 eggs, 2 cups *Regal* flour, 1 teaspoon vanilla extract. Bake in layers and put sliced bananas between. Any frosting.

PLAIN FRUIT CAKE

$\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. raisins, 1 cup butter (beaten to a cream), 1 cup white sugar, 1 cup milk, 3 cups *Regal* flour, 3 eggs (beaten separately), 3 teaspoons baking powder. Paper a dish and bake 1 hour.



FRUIT CAKE (Without Butter or Eggs)

1 cup of brown sugar, $\frac{1}{2}$ cup of molasses, 1 cup of sour cream, 1 tablespoon of soda (put in cream when dissolved), 1 tablespoon of boiling water (to dissolve soda), $3\frac{1}{2}$ cups of *Regal* flour, 2 lbs. of raisins, $\frac{1}{2}$ lb. of currants, citron, 1 cup of preserves, pinch of salt, spices. Almond flavor. If made one month before using, this cake will be found very moist and may keep any length of time.

FUDGE CAKE No. 2

$1\frac{3}{4}$ cup of *Regal* flour, $1\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of sweet milk, 2 eggs, 1 teaspoon of vanilla, 2 ounces of grated chocolate, $1\frac{1}{2}$ teaspoon of cream of tartar, 1 teaspoon of soda (dissolved) in $\frac{3}{4}$ cup of boiling water. Bake in two layers.

FILLING FOR FUDGE CAKE

$\frac{1}{2}$ cup grated chocolate, 1 cup sugar, $\frac{1}{2}$ cup sweet milk, butter size of $\frac{1}{2}$ egg. Boil until thick enough to spread on cake without running. Add 1 teaspoon vanilla before spreading on cake; nuts may be added.

GINGERBREAD No. 2 (Eggless)

2 cups molasses, 2 teaspoons ginger, $\frac{2}{3}$ cup butter, 3 teaspoons soda, 1 cup buttermilk, *Regal* flour to thicken. Stir the molasses and butter together, add ginger. Put soda with a little boiling water, then fill the cup with buttermilk. Mix thick with flour. Quick oven.

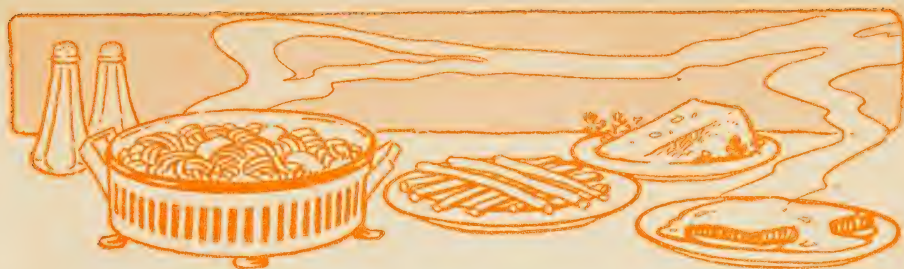


PEANUT WAFERS

1 pint of chopped peanuts, 3 eggs (well beaten) 1 cup of white sugar, 1 teaspoon of salt, 2 tablespoons of butter, 2 tablespoons of sweet milk, *Regal* flour to stiffen. Roll and cut in strips.

CHOCOLATE WAFERS

2 ounces chocolate, 1 cup brown sugar, 1 cup white sugar, 1 cup butter, 1 egg (beaten), 2 cups *Regal* flour, 1 teaspoon vanilla. Grate chocolate, set the bowl in hot water to melt. Mix together the brown and white sugar, rub in butter. When creamy, add beaten egg and then melted chocolate stirring briskly, add flour and bake in quick oven.



Cheese

CHEESE BALLS FOR SALADS

To 2 packages of Neufchatel cheese, add $1\frac{1}{2}$ teaspoon of onion juice and 2 teaspoons of lemon juice. Add a dash of ground TABASCO if desired. Mold into small balls with butter paddle and serve with lettuce or salad.

CHEESE BALLS FRIED

☐ Mix thoroughly a cup and a half of grated cheese, a little salt and pepper and the whites of 3 eggs beaten stiff. Shape in into little rolls, cover with bread dust or *Regal* flour, fry in deep fat and drain on blotting paper.

CHEESE RAMKIN

Put 1 cup of bread crumbs and 1 gill of milk on the fire to boil. Stir and boil until smooth. Then put in 4 tablespoons of grated cheese, a little piece of butter and salt and pepper. Stir till the cheese is dissolved, then remove from the fire. Beat 2 eggs, the yolks and whites separately. Stir the yolks into the mixture and then the whites of the eggs. Put in a pudding dish and bake 15 or 20 minutes.

A REALLY DIGESTIBLE WELSH RAREBIT

Melt 1 tablespoon of butter, add $\frac{1}{4}$ of a teaspoon of salt and paprika, $\frac{1}{2}$ teaspoon of dry custard and $\frac{1}{3}$ of a cup of ale or beer. Stir constantly and when hot, put in $\frac{1}{2}$ lb. of cheese cut into small pieces. As it gradually melts, it may thicken. If it seems too thick, add more beer. If the rarebit is preferred creamy instead of stringy, add a beaten egg just before serving. The paprika in this recipe makes the cheese mixture perfectly digestible. If the regulative toast is not at hand for serving rarebit, pour it over saltines.

SCALLOPED CHEESE

Butter a baking dish, put in a layer of bread cut into inch squares, add a layer of cheese cut small, dust with salt and paprika. Add more bread, about $\frac{1}{2}$ a stale loaf and 1 cup of cheese and $\frac{1}{2}$ teaspoon salt. Beat 2 eggs light, add 1 pint of milk and pour over the bread and cheese. Bake for $\frac{1}{2}$ an hour in a moderate oven.



MRS. ST. LAWRENCE CHEESE

One quarter lb. of well ripened Roquefort cheese grated, add 1 tablespoon of butter, 1 also of brandy, $\frac{1}{2}$ saltspoon of salt, dash of tabasco, a little paprika. Mix thoroughly till pasty and put in small jars or cups. When hard, turn out and serve with coffee. The longer it stands, the better it is.



CHEESE FONDU

Boil 1 cup milk and 2 ounces of fine dry bread crumbs; when smooth, add 4 tablespoons of grated cheese and 2 tablespoons of butter. Stir over the yolks of 2 eggs. Beat the whites very stiff and stir carefully into the mixture. Pour into a buttered dish and bake 15 minutes.



CREAM CHEESE AND EGGS

Three hard boiled eggs, 1 tablespoon *Regal* flour, 1 cup milk, $\frac{1}{4}$ lb. Canadian cheese (crumbled or shredded), salt, pepper and speck of cayenne pepper, 4 slices toast. Make white sauce of flour, milk and seasoning. Add cheese and stir until it is melted. Chop white of eggs, then add them to mixture. Pour on toast and grate yolks of eggs over the top. Serve hot.

CELERY CHEESE STICKS

Cut stalks of celery having deep grooves in them into pieces about 2 inches long. Wash thoroughly and crisp. Fill the grooves with Kraft, Roquefort or cream cheese, salted and flavored with piments, chives chopped, green peppers or onion and parsley. Serve with French dressing or by itself as a salad or relish.

HOT CHEESE SANDWICHES

Butter slightly slices of bread cut $\frac{1}{4}$ inch thick. Spread with Kraft, Pimento or Canadian Cheese. Put two slices together, cut in triangles and toast until a delicate brown. Serve at once.

CHEESE OMELETTE (Use Chafing Dish)

2 eggs, $\frac{1}{2}$ teaspoon salt, a little paprika, 1 tablespoon grated cheese, $\frac{3}{4}$ tablespoon butter. Beat the eggs slightly, add the salt and paprika, melt the butter in chafing dish and pour in the mixture and cook until firm without stirring. Loosen from pan, roll and sprinkle with the grated cheese.

BEAN RAREBIT (Use Chafing Dish)

2 tablespoons butter, 1 cup cold baked beans, 1 teaspoon salt, a dash of paprika, $\frac{1}{2}$ cup of cream, $\frac{1}{2}$ cup grated cheese. Melt the butter, add the salt and paprika and the beans which have first been mashed thoroughly. Add the cream; when thoroughly heated, add the cheese. Serve on toasted crackers.



CHEESE OMELETTE SOUFFLE

4 eggs, 2 tablespoons cream, $\frac{1}{4}$ lb. Canadian Cheese shredded, 1 tablespoon butter, 1 tablespoon chopped parsley, 1 teaspoon chopped onion, salt, pepper and paprika to taste. Beat the yolks until light in color, then add the cream and seasoning, mixing thoroughly. Beat the whites stiff. Heat the butter and cook the onion slowly. Fold the whites and yolks together and stir in the cheese and parsley. Stir in the butter and onion, then cook over slow fire until light brown underneath. Then put in hot oven for a few minutes to cook the top. Fold over and serve hot with triangles of buttered toasts.



WELSH RAREBIT (Chafing Dish)

½ lb. cheese, ½ cup cream or milk, 2 teaspoons mustard, 2 teaspoons butter, 1 teaspoon salt, ½ lb. crackers. Grate cheese and put in a chafing dish, stir constantly until melted. Then add cream or milk slightly warmed and stir until smooth. Mix mustard, salt, pepper and beaten egg and add to the above; when it becomes thick pour over toasted crackers.

MACARONI AND CHEESE

12 sticks of macaroni, bread or cracker crumbs, cheese, salt, pepper and butter. Break macaroni in small pieces and boil in salted water for 20 minutes or until soft. Line a baking dish with the crumbs and put in a layer of macaroni, then one of cheese, season to taste with salt, pepper and butter. Add another layer of macaroni and so on alternately until the dish is full, moisten with milk, cover the top with crumbs and bake until nicely done.



FRENCH TOAST WITH CHEESE

Cut 4 slices of stale bread, 4 inches square. Add a little salt and 4 tablespoons of milk to 1 well beaten egg; dip each slice in the mixture and sauté until a golden brown on one side. Have ready 4 thin slices of Canadian cheese, spread each with a thin layer of English mustard; slip one on each slice of bread as it is turned; cover and by the time the under side of the bread is nicely browned, the cheese will be melted. Serve on hot plates garnished with parsley.



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Desserts • Cold

HEAVENLY HASH

Select 12 medium sized oranges of good shape and color. Cut a small circular piece from the stem end of each and remove the pulp in small pieces with a spoon. To the pulp, add 1 small can of pineapple (sliced), 2 ripe bananas quartered and sliced, $\frac{1}{4}$ lb. of seeded Malaga grapes. Sweeten to taste. Fill the orange shells and garnish with candied cherries.

CHOCOLATE WHIPS

Beat the yolks of 3 eggs and 3 tablespoons of sugar until light. Dissolve 1 teaspoon of grated unsweetened chocolate, 1 tablespoon of sugar and 1 tablespoon of hot water; when dissolved, add slowly a pint of milk heated to boiling; pour this hot mixture over the beaten eggs and sugar and cook in a double boiler, stirring constantly until it thickens. When cool, flavor with vanilla and place on the ice. When ready to serve, half fill small punch glasses with the custard and heap cream whipped sweetened and flavored over it.

BANANA PUDDING

One box of gelatine, 1 pint of cream, 1 quart of milk, 2 cups of sugar, 5 bananas. Dissolve gelatine in a cup of water, add sugar to the milk, and let it scald, take some of the hot milk and thin the gelatine, strain and let it simmer 10 minutes, pour in a bowl to cool. Peel bananas and break in small pieces with a fork and stir into the mixture when cool but not stiff. Serve with whipped cream on top flavored with vanilla.

COMPOTE OF MARSHMALLOW



Preserved peaches (fresh fruit is better if in season), maraschino cherries, oranges, pecan nuts and fresh marshmallow. Cut in halves and then quarter the peaches and oranges. Mix in the nuts and marshmallows with the fruit juice. Cover all with whipped cream and garnish the top with the cherries. Serve cold.

MACAROON CREAM

Soak 1 tablespoon of granulated gelatine in $\frac{1}{4}$ cup of cold water. Make a custard of 2 cups of scalded milk, yolks of 3 eggs, $\frac{1}{3}$ cup of sugar, $\frac{1}{8}$ teaspoon of salt; add the soaked gelatine. When dissolved, strain, cool, and add $\frac{3}{4}$ cups of pounded macaroons, 1 teaspoon vanilla stirring until the mixture begins to thicken. Then add the whites beaten until stiff and dry. Mold, chill and serve with a garnish of whipped cream.



APPLE PORCUPINE

Make a syrup by boiling 8 minutes $1\frac{1}{2}$ cup of sugar and $1\frac{1}{2}$ cup of water. Wipe, pare and core 8 apples. Put apples in syrup as soon as pared so they won't discolor. Cook until soft, occasionally skimming the syrup during cooking. Apples cook better covered with the syrup, therefore it is better to use a deep saucepan and have 2 cookings. Drain apples from syrup, cool, fill cavities with jelly, marmalade or preserved fruit and stick the apples with almonds blanched and split in halves lengthwise. Serve with cream sauce.



SALPICON OF FRUIT

This is served in glass punch or custard cups. In the bottom of each, put a slice of orange, on this, lay one half of a fine white peach (if brandied, all the better), the top layer should be of maraschino cherries and the cups filled $\frac{3}{4}$ full of a mixture of liquid from the cherries and a small quantity of orange juice. If this is not sufficient add a little strained liquor from the can of peaches. Set the cups, covered, in a shallow pan of cracked ice and a sprinkling of salt till needed.

RHUBARB JELLY

Skin and cut 1lb. of rhubarb in small pieces. Put into a saucepan with one cup of sugar and a small piece of fresh ginger root and cook slowly until soft but not broken. Soak 2 tablespoons of granulated gelatine in $\frac{1}{2}$ cup cold water until soft, then strain into the hot rhubarb with 2 tablespoons lemon juice. Mold, chill and serve with a garnish of whipped cream.

RHUBARB WITH FIGS

Wash $\frac{1}{2}$ lb. of figs and cook in boiling water to cover until the water is nearly absorbed. Skin and cut a pound of rhubarb in 1 inch pieces. Put a layer in a baking dish, sprinkle with sugar, add a layer of figs; repeat until all is used. Put in $\frac{1}{4}$ cup of hot water and bake in a slow oven until the rhubarb is soft. Dates or raisins may be used in the same way.

ALMOND CHOCOLATE

$\frac{3}{4}$ cup of fine sugar, $\frac{1}{4}$ cup of butter, whites of three eggs, 1 cup of Regal flour, 1 level teaspoon baking powder, $\frac{1}{4}$ cup of milk, flavor with almond and bake delicately in a square layer tin. Whip 1 pint of cream, sweetened and slightly flavored with almond, until very stiff. Pile thick on the cake and sprinkle thick with almonds blanched and cut into shreds.



PINEAPPLE BAVARIAN CREAM

Soak $\frac{1}{2}$ box or 2 tablespoons of granulated gelatine in $\frac{1}{2}$ cup of cold water. Heat 1 can grated pineapple, add $\frac{1}{2}$ cup sugar, 1 tablespoon lemon juice and the soaked gelatine. Stir until the gelatine is dissolved, then chill in a pan of ice water, stirring constantly; when it begins to thicken, fold in the whip from 3 cups of cream. Mold and chill. Serve with cubes of lemon jelly.

PEACH DELIGHT

Pare, cut in halves and stone a dozen fine ripe peaches, reserving a few of the pits. Boil the pits in $\frac{1}{2}$ cup of water for 15 minutes, then strain. Mix well together a generous half cup of sugar and a tablespoon *Regal* flour.



Butter a deep pudding dish well, put in a layer of peaches, sprinkle with the sugar, dot with bits of butter, cover with another layer of the peaches and proceed in this way until all are used. Pour over the water which was strained off the pits. Make a rich biscuit crust for the top, roll out about $\frac{1}{2}$ an inch thick, place it over the fruit, make several incisions to allow the steam to escape and bake in a moderate oven. In serving, cut the crust in pieces as for pie, put the fruit on top and cover with whipped or plain cream.

PINEAPPLE TAPIOCA

Four tablespoons of pear tapioca, 1 pint of shredded preserved pineapple. Simmer the tapioca until clear but not entirely dissolved. Stir the pineapple in tapioca. If not sweet enough, add sugar. Serve with clear or whipped cream. Serve very cold.

NORWEGIAN PRUNE PUDDING

One pound of prunes, 1 quart of water, 2 cups sugar, 5 tablespoons of *Regal* flour, a small piece of stick of cinnamon. Soak the prunes in cold water over night and boil in the same water. Stone, add 1 pint of water, put on to cook again and while boiling, add sugar, cinnamon and flour mixed with a little cold water. Boil five minutes, stirring occasionally. Pour in a mold to cool.

FRUIT FILLIP

Cut 4 large oranges in two and lift out carefully with an orange spoon the sections of the fruit. Free the inside of each orange shell from skin and prepare the following fruit salad; the pulp of the oranges kept as whole as possible, 2 bananas cut in fine dice, 3 tablespoons of brandied cherries cut in halves, $\frac{1}{2}$ a cup of Malaga grapes halved and seeded, 4 tablespoons of powdered sugar; over these, pour 2 tablespoons of sherry and 1 teaspoon of rum. Allow this to stand on ice, half an hour, then fill each half of the oranges with fillip. Serve on green leaves on small plates.

LEMON JELLY



To 1 cup of sugar, add a pint of water and allow it to boil 20 minutes. Before making the syrup, put 2 tablespoons of granulated gelatine to soak in half a cup of cold water. Pour over it the boiling syrup, add $\frac{1}{2}$ cup of lemon juice and the grated rind of 1 lemon. Strain through piece of cheese cloth into a wet mold and allow it to set.

COMPOTE OF GREENGAGES

Boil 6 ounces of sugar and 1 pint of water together for $\frac{1}{4}$ of an hour. Skim well, put in $\frac{1}{2}$ lb. of greengages and simmer very gently for 15 or 20 minutes taking care the greengages do not break. When done, let them cool a little, put them in a glass dish and pour the syrup over them.



CHOCOLATE PUDDING

To a quart of milk, allow a pint of fine bread, slices of bread or their equivalent in small pieces; crusts may be used. Add 3 eggs, 1 small cup of sugar and 2 squares of chocolate melted or 3 teaspoons of cocoa stirred dry with the sugar. Beat well all together and flavor with 1 teaspoon of vanilla or $\frac{1}{2}$ teaspoon of ground cinnamon and $\frac{1}{2}$ a teaspoon of salt. Bake in a buttered dish. Excellent hot or cold and requires no sauce. Baked in custard cups and served cold with whipped cream. This is delicious.



PLUMS IN AMBUSH

Boil rice in milk until tender and quite dry. Sweeten it to taste with powdered sugar. Pour into a mold to set; set a jam pot nearly filled with water in the middle, then pour the rice into the mould and set away to get cold. When ready to serve, remove the jar, turn the rice out carefully (it should be a compact wall), and fill the hollow with rich stewed plums. Pour a little of the syrup over the rice and mask the plums with whipped cream.

PLUM SHAPE

Put $\frac{1}{2}$ lb. of fine ripe plums into an enameled saucepan; pour over them 1 cup of sugar and 1 cup of water and simmer gently until they are quite soft. Remove the stones and drain off the syrup. Put the pulp into a bowl, return the syrup to the saucepan and dissolve in it $\frac{1}{2}$ ounce of gelatine which has been softened in a little cold water. If not sweet enough, add more sugar, then add the plum pulp and $\frac{1}{2}$ cup of blanched almonds coarsely chopped. Mix all well together, pour the mixture into a border mold and stand aside to set. When quite cold, turn out into a glass dish and fill up the center with whipped cream. Stick blanched almonds cut in strips all over the jelly.

PRUNES IN JELLY

Soak 2 heaping dessertspoons of granulated gelatine in one cup of cold water for 1 hour. Add 1 cup of boiling water, 1 cup of sugar, 1 cup of white wine or sherry and the juice of 1 lemon. Cut 12 cooked prunes in quarters. Have ready a mold wet in cold water. Strain into it enough jelly to give about 1 inch in thickness. Let this harden, add the prunes to equal distances apart, then a second layer of jelly and when that has hardened, repeat the layers till the mold is filled. When hard, turn out the jelly and serve with whipped cream.



PLUM SALAD

Into a glass salad bowl, put $\frac{1}{2}$ pint each of greengages, stoned and cut in half, bananas peeled and cut in slices, and any other fresh fruit that is at hand. Sprinkle well with powdered sugar, cover and let stand 1 hour, then add 1 wineglass of syrup of preserved cherries, 1 of lemon juice and the greengage kernels blanched and cut in half. Cover again and let stand until required. Serve with whipped cream and sponge fingers. The cream and fingers should not be put on the salad, but should be served separately.



WALDORF AMBROSIA

Five oranges, 1 cup coconut moistened with cream, 1 cup cream whipped, 1 dozen or more candied cherries, a few nuts ground. Peel oranges, cut through twice and slice thin. Fill glass dish with alternate layers of orange and coconut finishing with orange. Cover with whipped cream, sprinkle with ground nuts and decorate with candied cherries.



COCONUT AND TAPIOCA PUDDING

4 tablespoons coconut, 3 tablespoons tapioca, 1 quart boiling milk, 4 eggs, 1 cup sugar, 1 teaspoon rose extract, 1 tablespoon powdered sugar. Stir the tapioca into the boiling milk, boil gently 15 minutes. Add the coconut, rose flavor, and the sugar beaten with the yolks of the eggs. Pour into a buttered pudding dish. Beat up the whites of eggs to a stiff froth, then add 1 tablespoon powdered sugar and spread over the pudding, sprinkle coconut over the top and brown in the oven. Serve cold.

COCONUT AMBROSIA

2 cups coconut, 1 cup sugar, 1 cup chopped mixed nuts, 2 rounds chopped candied pineapple, 4 oranges, 2 bananas, 1 cup candied cherries, whipped cream. Skin and dice the bananas and oranges. Put the ingredients in layers in a pretty glass dish. Chill and serve with whipped cream.

ITALIAN CREAM

Heat 1 quart of milk, mix 2 spoonfuls of *Regal* flour with a little of the cold milk, 2 eggs and $\frac{1}{2}$ cup sugar, add mixture when milk is boiling. Boil 10 minutes stirring constantly, then add flavor to taste. Serve cold.

WHIPPED CREAM (Without Cream)

3 apples, peel and chop fine, cook with 3 tablespoons cold water, when done, add one cup sugar, 1 white of egg, $\frac{1}{2}$ teaspoon vanilla, whip with egg beater until creamy. The bowl containing ingredients should be over hot water while beating. Serve cold in glasses.

ORANGE JELLY

2 tablespoons gelatine, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup sugar, 1 cup orange juice, 3 tablespoons lemon juice. Soak gelatine 5 minutes in cold water, dissolve in boiling water, add sugar, orange and lemon juice and strain into a mold. Put in a cold place to stiffen.

LEMON BAVARIAN CREAM

$\frac{1}{2}$ cup sugar, $\frac{1}{4}$ lemon juice, 3 eggs, $\frac{1}{2}$ tablespoon gelatine, 1 tablespoon cold water, 3 egg whites, $\frac{1}{2}$ cup cream. Put $\frac{1}{2}$ of the sugar and lemon juice in double boiler; when heated, pour over egg yolks beaten with remaining sugar, return to double boiler and cook stirring constantly until thickened. Add gelatine soaked in cold water; beat occasionally until cold; fold in egg whites beaten stiff and cream also beaten stiff.





ORANGE JELLY WITH FRUIT

Remove sections free from membrane from three oranges and arrange 5 sections in the bottom of a mold to form a star. Cover with orange jelly mixed with remaining orange cut in small pieces. Chill and when firm, remove from mold and serve with cream. Other fruits or a mixture of fruits and nuts may be used.

PINEAPPLE JELLY

1 tablespoon gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup canned pineapple syrup, 3 tablespoons lemon juice, $\frac{2}{3}$ cup sugar, 3 tablespoons pineapple cubes, 3 tablespoons maraschino cherries, 3 tablespoons cut walnut meats, 3 tablespoons cubes of orange. Soak gelatine in cold water; dissolve in boiling water and add pineapple syrup, lemon juice and sugar. When gelatine is beginning to get stiff, stir in the fruit and nuts of which there should be in all $\frac{3}{4}$ of a cup. Turn into a mold and chill.



ORANGE CHARLOTTE

1 tablespoon gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ cup boiling water, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cup strained orange juice, $\frac{1}{2}$ tablespoon lemon juice, $1\frac{1}{2}$ cup heavy cream. Lady fingers. Soak gelatine for 5 minutes in cold water, dissolve in boiling water and add strained orange and lemon juice and sugar. Set dish containing mixture in a pan of crushed ice and stir until it begins to thicken. Fold in cream beaten until stiff; line mold with lady fingers, pour mixture into the center and set on ice to stiffen.

ORANGE PANACHE

1 tablespoon gelatine, 2 tablespoons cold water, 2 tablespoons boiling water, 2 bananas, 1 orange, $\frac{1}{2}$ lemon, $\frac{1}{2}$ cup powdered sugar, few grains salt, 1 cup cream. Soak gelatine in cold water, dissolve in hot water. Peel and scrape bananas and force through a sieve; add pulp and juice of orange and lemon, sugar and salt, and dissolved gelatine. Set bowl containing mixture in pan of ice-water, stirring occasionally and when beginning to stiffen, fold in whipped cream. Line fancy mold with slices of "Orange jelly roll". Pour in gelatine mixture and chill. Unmold on glass plate for serving.

LEMON TAPIOCA SHERBET (Without Freezing)

$\frac{1}{2}$ cup quick cooking tapioca, 1 cup sugar, 2 cups water, juice of 2 lemons, 2 egg whites. Put tapioca, sugar and water into double boiler and cook stirring often until clear. 3 minutes before removing from fire, add lemon juice. When cool and beginning to thicken, add the stiffly beaten egg whites and beat well. Serve with boiled custard or heavy cream.



ICED ORANGE SAUCE

Peel of 2 oranges, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup water, 1 teaspoon gelatine, 1 tablespoon cold water, juice of 2 oranges, 1 tablespoon maraschino syrup, $\frac{1}{4}$ teaspoon vanilla. Cut



the thin yellow peel of 2 oranges in fine threads, boil in water 5 minutes and drain. Boil sugar with $\frac{1}{2}$ cup water five minutes. Add gelatine soaked in 1 tablespoon cold water, then add orange juice and maraschino syrup and strain. Add the shredded orange peel and vanilla and serve ice cold.

ORANGE CREAM CUSTARD



6 tablespoons sugar, grated rind $\frac{1}{3}$ orange, juice of 2 oranges, 2 egg yolks, 1 cup cream, whipped cream. Dissolve sugar in orange juice, add orange rind, egg yolks well beaten and cream and cook in double boiler stirring constantly until it begins to thicken. Chill and serve in glass cups with whipped cream. The beaten whites of 2 eggs can be used instead of whipped cream if desired.

TULIP DESSERT

4 small oranges, $\frac{1}{2}$ cup white grapes, $\frac{1}{2}$ cup nut meats, 1 cup scalded milk, $\frac{1}{4}$ cup sugar, 1 egg yolk, 1 tablespoon cornstarch. Cut the top from the orange and remove the pulp. Cut orange into four segments, shape and bend outward a little to simulate a tulip. Mix cornstarch and sugar and stir into the milk. Cook 10 minutes stirring occasionally. Pour into well beaten yolk; return to double boiler and cook one minute; then cool. Mix with orange pulp, grapes seeded and skinned and nut meats. Fill orange skins and serve in long stem sherbet glasses; garnish with fresh green leaves.

BLANC MANGE

1 quart of milk, 1 cup of sugar, $\frac{1}{2}$ cup cornstarch, 1 teaspoon vanilla flavor. Dissolve cornstarch with a little of the milk and sugar, add when milk is boiling, stir until thick and creamy, then add flavor. Pour in a wet mold to cool. Turn on a platter and serve with cream.

BANANA CREAM SAUCE

Press 1 banana through a sieve, add juice of half a lemon, $\frac{1}{2}$ cup of sugar and 1 egg well beaten. Beat altogether until light and set in a cold place until ready for use. This sauce may take the place of whipped cream for any jelly desserts.

CHARLOTTE RUSSE



$\frac{1}{2}$ pint of thick cream, 1 teaspoon vanilla and $\frac{1}{3}$ cup of granulated sugar. Whip these together and when stiff, add the beaten whites of 2 eggs and mix thoroughly. Line the bottom and sides of a dish with lady fingers. Pour in the whipped cream and set away in a cool place.

COFFEE CHARLOTTE RUSSE

Pour a little coffee jelly in the bottom of a wet mold and allow it to become firm. Line the mold with sweet wafers. Dissolve 2 tablespoons of powdered gelatine in 1 cup of milk. Mix 3 eggs with 4 tablespoons sugar and add $\frac{1}{2}$ cup strong coffee, then add them to the gelatine and stir till it thickens. It must not boil. Remove from the fire and when cool, add the vanilla extract and 2 cups whipped cream. Pour into the prepared mold. Turn out when set.



COFFEE JELLY

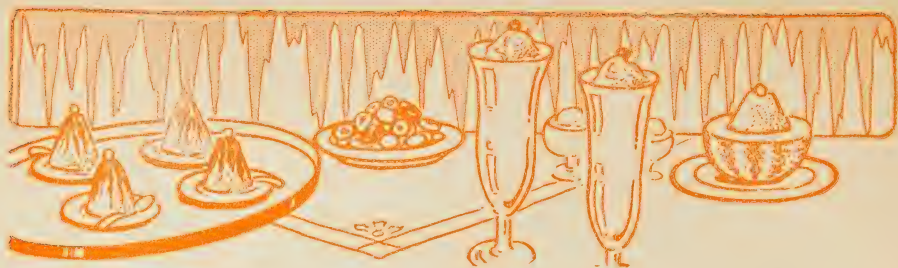
1 cupful strong coffee, 4 cups water, 3 tablespoons gelatine, 6 tablespoons sugar. Bring the water and sugar to boiling point, then stir in the gelatine and, when dissolved, add coffee. Pour into a wet ring mold. Turn out when firm and serve with sweetened and whipped cream in the center. Decorate with sweet wafers.

WHIPPED PEACH CREAM IN BASKETS

Beat the whites of 4 eggs until very stiff, then mix in by degrees 4 tablespoons of powdered sugar; next add 2 tablespoons of rich peach syrup (drained from preserved peaches) and stir in lightly 1 pint of sweet cream. Whisk to a stiff froth. Everything should be cold before beginning and keep in a pan of cracked ice while whipping ingredients. Have ready round individual sponge cakes, scoop out the center until the walls and bottom are only $\frac{3}{4}$ of an inch thick and just before serving, fill with the peach cream. If an especially handsome dessert is wanted, brush the outside of the basket with white of egg and stick all over it halved English nut meats or pecans.



In order to make delicious pastry, cakes and desserts one needs not only a good recipe and the baker's knack but choice ingredients and above all the choicest flour obtainable. On the other hand a choice flour is a great help to the unexperienced cook. That is why "REGAL" Flour is the favorite of both young and older housewives who will use no other brand after having once used "REGAL". You will find it on sale at all grocers in different sized bags.



Desserts • Frozen

MOUSSE

One of the most delicious desserts is mousse. Mousse is really a frozen whipped cream with sugar and flavor added. It may be made according to this formula. 1 pint whipping cream, $1\frac{1}{2}$ cup sugar, 1 teaspoon vanilla. Whip the cream, then add the sugar and vanilla and whip into cream. Pack in any tight covered tin mold. Set this in a larger pail containing finely crushed ice mixed with a liberal supply of salt. Cover and set away to harden for 3 or 4 hours. This is a convenience dish to make in winter when snow is handy, using snow and salt instead of ice and salt.

LEMON ICE

3 cups water, $1\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup lemon juice. Boil sugar and water 5 minutes; add lemon juice, cool and strain into freezer. Pack with 3 parts ice to 1 part salt, let stand 5 minutes, then freeze until stiff. Remove dasher, pack mixture down into freezer, drain off salt water, repack freezer with 4 parts ice and 1 part salt and leave to ripen until needed.

ORANGE ICE

3 cups water, 1 cup sugar, $\frac{1}{2}$ cup lemon juice, 1 cup orange juice, few gratings orange rind. Boil water, sugar and orange rind 5 minutes, cool; add lemon and orange juice, strain and freeze following directions for lemon ice.

HONEY MOUSSE

2 oranges, 1 teaspoon granulated gelatine, 1 tablespoon cold water, 1 cup strained honey, 2 cups heavy cream. Peel oranges, removing inner membrane with rind and cut in small pieces. Soak gelatine in cold water, heat the honey, add gelatine stirring until dissolved; add orange, remove from fire and when cold, add cream beaten stiff. Put in mold, pack in equal parts ice and salt and let stand 3 or 4 hours.



BOMBE GLACE

Line a mold with orange ice made if convenient with blood oranges. Fill center with whipped cream sweetened and flavored with vanilla, cover with orange ice, then with buttered paper, buttered side up, then with tight tin cover. Pack in two parts ice and salt. Stand 3 hours. Unmold and garnish if desired with spun sugar and candy roses.

SPUN SUGAR

2 cups sugar, 1 cup water, 1 teaspoon lemon juice. Boil sugar, water, lemon juice and color paste as desired without stirring or until it just begins to change



color. Place saucepan at once in cold water and when boiling ceases, in hot water. Dip fork or bunch of wires in syrup and shake swiftly back and forth between two rods. Gather it up and place on cool platter. Use for decoration around frozen desserts.

CANDY ROSES

Boil ingredients as for spun sugar; pour into a buttered pan; keep near warm oven and pull a small portion at a time until glossy. Stretch and pull into shape of rose petals fastening petals at base with drops of melted candy. Shape leaves from dark green candy.



ORANGE HARLEQUIN

2 cups blood orange juice, $\frac{1}{3}$ cup lemon juice, 1 cup sugar, 1 cup heavy cream, $\frac{1}{2}$ cup powdered sugar, $\frac{1}{2}$ tablespoon vanilla, few grains salt, $\frac{3}{8}$ cup nut meats. Mix fruit juices and sugar, strain mixture into a one-quart ice cream mold. Whip cream, add powdered sugar, vanilla and salt and nut meats; cut in fine pieces and pour over the first mixture until mold is full to overflowing. Cover with buttered paper; then with cover of mold, pack in ice and salt using 2 parts ice to 1 part salt, and let stand 3 hours. Unmold and cut in slices for serving. Dried macaroon crumbs may be used in place of nut meats.

TWO-IN-ONE SHERBET

2 cups sugar, 2 cups water, 2 oranges, 2 lemons, 1 pineapple, 2 bananas, 2 egg whites. Boil sugar and water 5 minutes; cool, add pulp and juice of oranges, juice of lemons, pineapple chopped fine, and bananas rubbed through a sieve. Freeze to a mush; add egg whites beaten stiff and finish freezing.

ORANGE COUPE

One orange, 1 banana, 2 teaspoons maraschino syrup, maraschino cherries, 1 slice pineapple, 1 teaspoon lemon juice, few grains of salt, orange or lemon ice, powdered sugar. Mix the pulp of orange with pineapple and banana, cut in small pieces, add lemon juice, maraschino syrup, salt and powdered sugar to taste. Fill champagne glasses $\frac{3}{4}$ full of fruit, cover with orange or lemon ice and garnish with cherries.

FRESH MINT SHERBET

4 cups water, 2 cups sugar, 1 cup lemon juice, 1 bunch fresh mint. Boil water and sugar 5 minutes. Add lemon juice and strain mixture over the finely cut leaves from the bunch of mint. Let stand until cold, freeze and serve instead of mint jelly with hot roast of lamb.



PEACH BOMBE

Scald 1 pint of cream and $1\frac{1}{2}$ cup of granulated sugar till the mixture looks blue and thin. Take from the fire and add 1 pint of uncooked cream. When cool, add the juice from a pint can of white or pink peaches, 1 teaspoon vanilla and $\frac{1}{2}$ teaspoon of peach extract; freeze. When nearly frozen add the peach pulp, mix in thoroughly and pack till you are ready to mold it. Any simple form will do for



this, a melon mold is very good. Have it as cold as possible and line it with ice cream leaving a cavity in the middle. Fill this with a vanilla mousse made of 1 pint of cream whipped very stiff, 4 tablespoons of powdered sugar, a few drops of vanilla and the same of orange extract. Put on cover, bury in ice and salt, and leave to ripen for 3 hours.



CARAMEL

Melt 1 cup of sugar with 1 tablespoon of water in a frying pan. Stir till it becomes a dark brown color, but don't burn it. Add 1 cup boiling water; simmer 10 minutes and cool.

MAPLE SOUFFLE

$\frac{3}{4}$ cup of maple syrup and whites of 4 eggs. Beat together and cook in a double boiler until thick stirring constantly. When cool, add 1 pint of cream whipped. Pack in salt and ice for 4 hours.

FIG ICE CREAM

Take 2 tablespoons of gelatine, scald 1 cup of milk and 1 cup of vinegar, then add the gelatine, let it dissolve and add 1 quart of rich cream and freeze. When frozen, add $\frac{1}{4}$ lb. of chopped figs and $\frac{1}{2}$ lb. of chopped English walnuts. Let stand until ready to serve.

MAPLE PARFAIT

Beat 4 eggs slightly, pour on slowly 1 cup of hot maple syrup. Cook in double boiler until very thick stirring constantly. Strain and cool; then add 1 pint of cream beaten stiff. Mold, pack in salt and ice and let stand 3 hours.

PEACH SHERBET

1 quart of peach juice, 2 cups of sugar, 1 quart of water, whites of 2 eggs, juice of 1 lemon. Boil water and sugar together, add juice of peaches and lemon and freeze.

MAPLE ICE CREAM

1 quart of rich cream, 1 coffee cup of maple syrup, $\frac{1}{4}$ lb. of shelled pecans. Chop nuts, add to cream and syrup and freeze.



PLAIN VANILLA ICE CREAM

Add 8 ounces of powdered sugar to 1 quart of cream. Stir until the sugar is dissolved and add a desertspoonful of good extract of vanilla. Turn into the freezing can; stir slowly at first until the cream is icy cold, then beat more rapidly until it is thoroughly frozen.

CHERRY PARFAIT

Add 1 cup of cherry pulp to 2 cups of thick whipped cream and $\frac{1}{4}$ cup of cherries. Flavor with a few drops of almond extract. Put in a mold, bury in ice and salt for 3 hours. Garnish with candied cherries.



STRAWBERRY PARFAIT

Whip a quart of thick cream with a small cup of sugar, when stiff, mix $\frac{1}{2}$ pint of strawberry juice in carefully. Turn into an ice cream mold, press the lid down securely; pack in salt and ice and freeze for 3 hours.

STRAWBERRY SHERBET

Mix 1 quart of berry juice, 4 cups of sugar, the juice of 2 lemons, 3 pints of water and a few whole strawberries. Serve in a punch bowl with a block of ice or freeze for frappé.



CAFE PARFAIT

Make and freeze 1 quart of coffee ice cream: at serving time, stir in a pint of cream that has been whipped to a stiff froth. Serve in dessert glassés.

CHERRY MOUSSE

To a pint of double cream, add 3 tablespoons of best confectioner's sugar, a cup of cherry juice and a drop or two of almond extract. Chill on ice, then whip until stiff. Turn into a mold, cover securely and bury in a pan of ice and salt for two hours.

GRAPE SHERBET

Boil 1 lb. of sugar and 1 quart of water together for 5 minutes; strain and cool. When cold, add 1 pint of unfermented grape juice and 2 tablespoons of lemon juice. Turn the mixture into a freezer and stir slowly until frozen. Remove the dasher and stir in a meringue made by beating the white of 1 egg to a stiff froth and adding 1 tablespoon of powdered sugar. Repack the can and stand aside for $1\frac{1}{2}$ hour.

PINEAPPLE WATER ICE

Add $1\frac{1}{2}$ lb. sugar to 1 quart of water. Boil rapidly for 5 minutes, then cool. When cold, add the juice of 2 lemons and 1 quart of grated pineapple. Mix, turn into a freezer and freeze. If canned or preserved pineapple is used, allow only 1 lb. sugar.

ORANGE WATER ICE

Grate the yellow rind from 3 oranges into 1 lb. of sugar. Rub until the sugar is quite saturated with the orange oil. Add a quart of water, bring to boiling point, boil for 5 minutes; take from the fire, strain, and when cold, add the juice of 12 large oranges and one lemon. Put in freezer and freeze.



RASPBERRY WATER ICE

Take 1 quart of ripe, red raspberries, 1 quart of water, the juice of 2 lemons and 1 lb. of sugar. Add the sugar and lemon juice to the berries; stir, and let stand for one hour; press through a sieve, add the water, turn into a freezer and freeze.



RASPBERRY CREAM IN PINEAPPLE SHELLS

Cut off the top of a large pineapple, then with a strong spoon, scoop out the pulp separating it from the hard core which should be rejected. Sugar the fruit, let it stand some time, then pour off from it a cup of juice. Trim the pineapple shell at the bottom so it will stand firm and chill. Mash well a pint of red raspberries, add a fourth of a cup of water, $\frac{1}{2}$ cup of sugar and the pineapple juice and cook the mixture several minutes. Take from the stove, add the juice of a lemon, more sugar if needed, and strain through a cheese-cloth. Beat a quart of cream and a cup of sugar until light and frothy, flavor with vanilla and freeze as ice cream; when half frozen, add the fruit juice and finish freezing. Fill the pineapple shell, set it in a deep mold or the freezer can and let it stand packed in ice and salt for an hour or longer. Serve onto a plate covered with a pretty doily.



MUSKMELON FRAPPE

Remove the tops of small nutmeg melons so as to form a cover. Take out all the seeds and membrane and scoop out as much of the soft pulp as can easily be removed. Cut this latter into small pieces. Place the seeds and membranes into a sieve to drain the juice, then add the latter to 1 quart of whipped cream, sweetened, turn this into an ice cream freezer and turn until stiff. When ready to serve take the shells which should have been chilled on ice, place the frappé cream in alternate layers with the melon pulp. Fasten a narrow ribbon looped bow on the lids with long pins; set the melons on lace paper doilies and serve with cake.

MACAROON ICE CREAM

One quart of cream, 1 cup of macaroons, $\frac{3}{4}$ cup of sugar, 1 tablespoon vanilla. Dry and crush the macaroons, add to cream, sugar and vanilla. Freeze.



The Canadian housewife is proud of her cakes, pies and pastry. As a rule she is successful in her home baking and a great part of that success she owes to *Regal Flour*.

The St. Lawrence Flour Mills Co. Limited is happy to have contributed for many years to this success and nothing will be left undone in the future that can contribute to maintain the fame of *Regal Flour* as the peer of all Canadian flours.

It is sold in quantities to suit the purchaser.



Desserts • Hot

QUEEN OF PUDDINGS

To a quart of milk, allow a pint of fine bread crumbs, a tablespoon of butter, 1 cup of sugar and the yolks of 4 eggs. Flavor with the grated rind of a lemon if liked (or a teaspoon of vanilla) and half a teaspoon of salt. Bake in a moderate oven and spread while hot with a layer of any acid jelly or preserves. Make a meringue of the whites of the eggs and a spoon of powdered sugar and brown in the oven. To be eaten cold without sauce.

TAPIOCA COCONUT PUDDING

Take $\frac{1}{2}$ cup of grated coconut with $\frac{1}{2}$ cup of pearl tapioca in cold water to cover. Add $1\frac{1}{2}$ pints (3 cups) of milk, 3 beaten eggs, $\frac{1}{2}$ cup of sugar and a speck of salt. Mix well and bake in a buttered dish for 30 minutes. Serve hot with cream.

PRUNE SHORTCAKE

Sift together twice 2 cups *Regal* flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt and 3 tablespoons sugar. Blend with this mixture $\frac{1}{2}$ cup butter and add $\frac{3}{4}$ of a cup milk mixed with the well beaten yolks of 2 eggs. Make into large or individual cakes as desired.

BANANA MERINGUE

Place in a baking dish bananas peeled, scraped and cut in quarters, cutting first lengthwise, then across. Pour over them lemon and pineapple juice, 1 part lemon and 2 parts pineapple. Sprinkle generously with powdered sugar and bake, covered, for $\frac{1}{2}$ hour. Take from oven, cover with meringue and brown delicately in cool oven.

PUFFS

2 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 cup of sweet milk, 2 cups *Regal* flour, 2 teaspoons baking powder, 1 cup raisins. Cream butter and sugar, add beaten eggs, flour and milk, alternately then raisins rolled in flour. Steam in small cups half an hour. Serve hot with hard butter sauce flavored with sherry and nutmeg.



CHOCOLATE BREAD PUDDING

Soak 2 cups of bread crumbs in 2 cups of scalded milk, add $\frac{3}{4}$ cup of sugar, 2 squares of chocolate previously melted, 1 teaspoon of vanilla. Mix well and bake in a buttered dish one hour in a moderate oven. Serve hot with whipped cream or hard sauce.



SUET PUDDING

One half cup of milk, $\frac{1}{2}$ cup of chopped suet, $\frac{1}{2}$ cup of molasses, 2 cups of fruit and nuts chopped together, 1 cup of *Regal* flour, pinch of salt, 1 small teaspoon of soda dissolved in warm water. Steam 3 hours. Any sort of nuts and fruit may be used.



PLUM PUDDING

Use 1 quart of bread crumbs, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of sugar, 1 cup of raisins, a small piece of citron, 1 nutmeg, 1 teaspoon of cinnamon, $\frac{1}{2}$ teaspoon of cloves, 3 eggs, 1 cup of sour milk and $\frac{1}{2}$ cup of suet. Steam 3 hours.

BAKED APPLE DUMPLINGS

One cup of butter and lard mixed, 1 quart of *Regal* flour, salt to taste, 3 teaspoons of baking powder. Mix with milk. Pare and core apples. Roll out dough to cover each separately and fill the whole with sugar. Grate nutmeg over the top. Put in the pan with water to half cover. Put in that half a cup of sugar and butter the size of an egg. Baste while baking allowing $\frac{3}{4}$ of an hour and your dumplings will come out a delicious glazed brown crust. Serve with a hard or liquid sauce.

CHRISTMAS PUDDING

Take $\frac{3}{4}$ of a lb. each of chopped suet, stoned raisins, currants, sugar and dried bread crumbs, $\frac{1}{4}$ lb. of sliced citron, 2 chopped sour apples and the grated peel of a lemon. Mix together with $\frac{1}{2}$ teaspoon each of cloves and salt. Add 6 eggs and 1 gill of rum or brandy. Steam for 4 hours in 2 buttered molds. Turn out on a hot dish, sprinkle with sugar, garnish with a sprig of holly, pour $\frac{1}{2}$ cup of warm brandy over it and set it on fire as it goes to the table.

SCALLOPED APPLES

Pare a dozen apples and slice them thin. Butter a dish, put in a layer of apples, then a layer of sugar, cinnamon, butter and *Regal* flour; then another layer of apples etc. until the dish is full. Bake slowly for one hour.

INDIVIDUAL STRAWBERRY SHORTCAKES



Mix and sift 2 cups of *Regal* flour, $\frac{1}{4}$ of a cup of sugar, 4 level teaspoons of baking powder, a pinch of nutmeg and $\frac{1}{4}$ of a teaspoon of salt; rub in $\frac{1}{4}$ of a cup of butter; add 1 egg well beaten to $\frac{2}{3}$ of a cup of sweet milk. Mix on a floured pastry board, roll, cut with a cookie cutter and bake in a hot oven 20 minutes. When done, split, spread with soft butter, then with well sweetened strawberries. Cover the top layer also with strawberries, sprinkle generously with sugar and heap over all sweetened whipped cream.

COTTAGE PUDDING

Cream together 1 cup of sugar and $\frac{1}{4}$ cup of butter; add 1 beaten egg, $\frac{2}{3}$ of a cup of milk, $1\frac{1}{2}$ cup of *Regal* flour sifted with 2 teaspoons of baking powder. Bake in a buttered tin for 30 minutes. One cup of stoned cherries or berries may be added to this recipe.

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QUINCE PUDDING

To 1 pint of *Regal* flour, add 2 teaspoons of baking powder. Sift together and add 2 tablespoons of warm butter, a little salt and enough water to make a smooth batter, not too stiff. Stir in one teacup of quince preserves. Bake quickly sifting sugar over the top when nearly done. Serve with whipped cream well sweetened.

BLUEBERRY PUDDING

Beat 2 eggs light and stir into them 1 cup of milk and sifted *Regal* flour to make a batter as thick as for pancakes. Put into flour 3 teaspoons of baking powder. Butter a mold and put a layer of batter in the bottom, then a layer of blueberries. Alternate the layers until the mold is three-quarters full, cover it closely and boil one hour. Serve with a rich sauce.



MARMALADE PUDDING

Three cups of fresh bread crumbs, 1 small cup of marmalade, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup cut suet. Steam two hours.

PUDDING SAUCE

1 cup powdered sugar, 1 cup creamed butter. Add 1 teaspoon vanilla and gradually 1 cup of sweet milk. Set bowl in a basin of hot water and stir until sauce is creamy.

LEMON SAUCE

Mix 1 teaspoon cornstarch with $\frac{1}{2}$ cup sugar. Add 1 cup boiling water and $\frac{1}{2}$ grated rind and juice of lemon. Cook 8 minutes. Just before serving, add 1 teaspoon butter.

HARD SAUCE

Beat to a cream $\frac{3}{4}$ lb. of butter. Add gradually $\frac{1}{4}$ lb. sugar. Beat till very white. Add a little lemon juice or any kind of flavoring.

SHERRY SAUCE

One egg, 1 tablespoon butter, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ cup boiling water. Steam on the top of the kettle for a few minutes. Then add cup of sherry before serving.

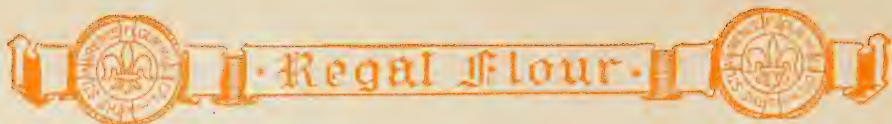
CABINET PUDDING

Butter a mold of pudding dish and scatter in it bits of candied orange peel, chopped nuts, chopped raisins or currants or a mixture of these. Fill the dish nearly full of bits of broken cake and through it, add more bits of fruit or nuts. Mix a cup of milk with 2 tablespoons of sugar, the beaten yolks of 2 eggs and a pinch of salt. Pour this a little at a time over the cake; cover tightly and set in a pan of boiling water in the oven and bake an hour or till it is firm. Turn out and serve with a fruit sauce.



PINEAPPLE PUDDING (For Stale Cakes)

Butter a baking dish and line it with stale cake, large cup of preserved pineapple and put in it with more cake in layers, with cake on top. Pour over this a cup of cold water, cover with a plate and bake slowly for 2 hours. Serve with sauce.



COCONUT PUDDING (For Stale Cakes)

For this, crumble stale cake till you have a cup and a half. Mix with a cup of sugar, a cup of grated coconut, the beaten yolks of 3 eggs and over all pour two cups of scalded milk, hot. Let this stand half an hour and add a grating of nutmeg, a tablespoon of rose-water or a teaspoon of vanilla and the stiff whites of the eggs folded in last. Bake in a buttered mold or pudding dish $\frac{3}{4}$ of an hour and serve with foamy sauce.



ORANGE BREAD PUDDING

One cup bread crumbs, 2 tablespoons butter, 2 cups scalded milk, 2 eggs (yolks), $\frac{1}{3}$ cup sugar. Juice of 2 oranges, grated rind of 2 oranges. Soak bread crumbs, butter and scalded milk 30 minutes; then add egg yolks beaten with sugar and orange juice and rind. Pour into a buttered pudding dish and bake in a moderate oven until firm. Cover with meringue.

COTTAGE PUDDING (Eggless)

One cup sugar, 3 tablespoons melted butter, 1 cup milk, 2 cups (heaping) *Regal* flour, 1 teaspoon soda, 2 teaspoons cream of tartar. Bake in a pan about one half hour. Add sliced apples if you like. Any pudding sauce.

RICE PUDDING

Three tablespoons rice, 1 pint milk, 1 cup water, butter size of an egg, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon (or nutmeg), pinch of salt. Raisins may be added. Put in oven and bake 2 hours. Don't disturb rice. Take out and on top, spread an icing made as follows: 2 eggs (whites), 1 cup sugar, 1 cup raisins, chopped. Put in oven to brown. Before putting icing on top, remove brown that forms over rice.

SAUCE TO SERVE WITH DUMPLINGS

One and one half cup water, $\frac{1}{2}$ cup sugar, 1 teaspoon cornstarch, juice of one lemon, 1 tablespoon butter. Let come to a boil and thicken with the cornstarch.

DUMPLINGS (Eggless)

Two cups *Regal* flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon soda, 2 teaspoons cream of tartar, cold water to make very stiff batter. Drip into boiling water and cook 20 minutes without raising lid of kettle.

FOAMY SAUCE

One egg, 1 cup sugar, powdered, $\frac{1}{4}$ cup of milk (hot), vanilla flavor. Beat the egg, add sugar slowly. Just before serving, add hot milk and flavoring.

CARROT PUDDING

1 cup sugar, $\frac{3}{4}$ cup butter, 1 cup grated carrots, 1 cup grated potatoes, 1 cup raisins, 1 cup currants, 1 cup *Regal* flour, $\frac{1}{2}$ teaspoon soda in potatoes, 1 teaspoon each of cloves, allspice and cinnamon, 2 teaspoons baking powder, $\frac{1}{2}$ cup syrup. One cup nuts may be added. Steam 3 hours.



SAUCE

One cup sugar, 3 tablespoons *Regal* flour, 1 tablespoon butter, $\frac{1}{2}$ cup boiling water. Cook until thick, then add one cup of milk or cream.

MRS. S. PLUM PUDDING

One lb. of beef suet, 1 lb. brown sugar, 1 lb. currants, 1 lb. raisins, 1 lb. sultana raisins, 1 lb. mixed peels, $\frac{1}{4}$ lb. bread crumbs, $\frac{3}{4}$ lb. *Regal* flour, 1 teaspoon salt, 1 grated nutmeg, 8 eggs, $\frac{1}{4}$ pint brandy. Boil 13 hours steady.



Eggs

SAVORY STUFFED EGGS IN MAYONNAISE

Cut 12 hard boiled eggs into halves lengthwise. Take out the yolks, pass them through a potato ricer and mix them with two tablespoons each of melted butter, anchovy paste and chopped ham. Add half a teaspoon of paprika. Press this egg paste into each white and lay them together. When ready to serve, pour over the dish a tumbler of mayonnaise.

FAVORITE OMELET

Six eggs, 1 tablespoon of butter, 1 tablespoon of *Regal* flour; 1 cup of cold milk, $\frac{1}{2}$ teaspoon of salt. Put the butter in a granite saucepan and when it is melted (but not cooked hard) add the flour; mix well. Now add the cold milk all at once and stir until smooth. Set aside to cool. Add the salt. Then separate the eggs, beating yolks until very light and whites until very stiff. Fold first the yolks and then the whites into the sauce very carefully. Then put all into a granite baking dish and bake in a moderate oven 15 or 20 minutes. Serve immediately in the dish in which it was baked.

ORANGE OMELET WITH WHIPPED CREAM

Three eggs, 2 tablespoons of powdered sugar, a few grains of salt, 1 teaspoon of lemon juice, 2 oranges, $\frac{1}{2}$ tablespoon of butter, $2\frac{1}{2}$ tablespoons of orange juice. Separate yolks from whites, beat yolks until thick and lemon colored, add seasoning, fold in whites beaten to a foam, cook in smooth frying pan or omelet pan in the hot butter. Cook slowly turning the pan, that the omelet may brown evenly. When delicately browned underneath, place on the center of upper grate of the oven to cook or dry the top, fold, turn on hot platter, sprinkle with powdered sugar, garnish with slices of orange, serve with stiffly beaten whipped cream.

EGGS WITH MUSHROOMS

Trim and peel the mushrooms, put them in a stewpan with a little fresh butter, pepper and salt, and let them stew until tender. When done, put them into a shallow tart dish and break over enough eggs to cover them, heaping them whole; strew fried breadcrumbs on the top, place in a sharp oven for 5 minutes. Send to the table with sippets of bread placed round the dish.



OMELET SOUFFLE

One cup of *Regal* flour, 1 pint milk, 1 tablespoon sugar, butter size of a walnut. Scald milk, flour and butter. After the batter is cold, stir in yolks of 5 eggs. Add beaten whites just before baking. Bake in a quick oven and serve with hard sauce.



SCOTCH EGGS

Cook 6 eggs hard, cool and remove the shells. Cook to a paste $\frac{1}{3}$ of a cup of bread crumbs in $\frac{1}{4}$ of a cup of milk and add one cup of deviled ham and one raw egg. Cover the eggs with the mixture, roll in crumbs and fry brown in fat. Cut in halves lengthwise and send to the table on a bed of parsley and garnish with bacon, cooked on a fine wire broiler, put over a pan and place in a hot oven till the bacon is transparent. Do not burn it.



OMELET WITH TOMATO SAUCE

Four eggs, 4 tablespoons cold water, 2 tablespoons butter and one of *Regal* flour, salt and paprika to taste. Beat eggs thoroughly, yolks until thick and lemon colored, whites until stiff and dry. To the beaten yolks, add flour and seasoning, then the water; lastly fold in the whites taking care not to beat as that will make the omelet tough. Have the butter hot but not browned, in an omelet pan, pour in the mixture, with a spatula lift gently from the center until it is set, then place the pan in a moderate oven to slightly brown the top. While this is being done, make sauce by blending together the butter and flour, adding the cup of strained tomato, onion juice and seasoning. Cook until the mixture thickens. Slip off omelet on to hot chop plate and pour the sauce around it. If the tomato sauce is not liked, sprinkle and garnish with chopped parsley, with minced ham or jelly as preferred.

CREAMED EGGS FOR LUNCHEON

One-half dozen hard boiled eggs cut in halves. Make a white sauce as follows: Two tablespoons of butter, 2 level tablespoons of *Regal* flour; melt butter and stir in flour, then add slowly $\frac{1}{2}$ pint of milk seasoning with salt and pepper and a little celery if desired. Pour over eggs and serve in dish garnished with parsley.

SNOW OMELET

Beat the yolks of 4 eggs, add 4 tablespoons of milk or water, a little salt and pepper. Beat the whites very light and cut them into the yolks. Melt 1 dessertspoon of butter in a frying pan. When it bubbles, pour in the omelet and spread it evenly over the pan. When slightly brown underneath, sprinkle over the surface one tablespoon of grated cheese, chopped ham or parsley. Place the pan in the oven to dry the omelet a moment, turn on to a hot platter and serve at once.



SCRAMBLED EGGS

Beat five eggs till slightly blended. Add a dust of white pepper, $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ cup of milk. Melt 2 tablespoons of butter in the chafing-dish, pour in the egg mixture and cook till it is creamy scraping it from the bottom of the pan as it becomes thick. Scrambled eggs are nice accompanied by saltine wafers. A delicious variation is to butter slices of bread, spread thinly with anchovy paste and then cover with scrambled eggs. A cheese flavor may be added by mixing just before serving with $\frac{1}{4}$ of a cup of grated cheese and a generous dust of paprika.



EGG TIMBALE

Six eggs beaten slightly, 1 level teaspoon of salt, 1 shake of pepper for each egg, $\frac{1}{2}$ peppercorn of red pepper, $1\frac{1}{4}$ cup of milk, a little onion juice. Put in small cups in dipper and pour boiling water around. Bake from 5 to 7 minutes in hot oven. Turn into shallow dish. Sauce: $\frac{1}{2}$ can tomatoes, 4 saltspoons of mixed pickle spice, 1 bunch of thyme, 1 block of sugar (loaf), $\frac{1}{2}$ teaspoon of salt. Let cook until pulp of tomato is soft and will pour through a sieve. To this add 1 tablespoon of *Regal* flour and cook 2 minutes in a tablespoon of butter and a little lemon juice.



DEVEILED EGGS

Chop sufficient cold chicken (cooked) to make $\frac{1}{2}$ pint; put it in a bowl, rub with a spoon and add 1 tablespoon of melted butter, 1 of chopped parsley, a teaspoon of salt, 1 saltspoon of pepper and 1 raw egg well beaten. Hard boil 12 eggs; remove the yolks, rub them to a paste and mix them with the chicken. Make this in balls the size of the yolks and fill each white. This will give you 24 halves of eggs with full sized yolks. Arrange these on lettuce leaves on a platter and serve as a cold dish for luncheon. These may also be served with mayonnaise dressing.

SCRAMBLED EGGS WITH ANCHOVY

Scramble 4 eggs in the usual way adding 1 teaspoon of Worcestershire sauce. Spread few pieces of toast with anchovy paste and pour the hot egg mixture over.

PLAIN OMELET

Three eggs, 3 tablespoons *Regal* flour, 2 cups milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon parsley. Beat the eggs, saving out the white of one. Blend the flour with a little milk, then put in the remaining milk. Mix all together. Have 1 tablespoon butter in a frying pan, pour in the mixture. While cooking, beat up stiff the white which is left, and just before folding over, spread the beaten white with a little parsley over half, then fold.

JUMBLED EGGS

Use white sauce, put a layer of this sauce in a baking dish, then a layer of minced hard boiled eggs and one of minced veal or ham. Continue this until the dish is full, having white sauce on top. Spread over this buttered bread crumbs. Bake in oven.



CURRIED EGGS

Three hard boiled eggs, 2 tablespoons butter, 2 tablespoons *Regal* flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon curry powder, $\frac{1}{2}$ teaspoon pepper, 1 cup hot milk. Melt butter, add flour and seasonings and gradually the hot milk. Cut eggs in eight lengthwise and reheat in sauce.



EGGS AND PEAS WITH BREAD

Notch a thick piece of bread, after you have scooped the inside out. Brown in fat. Melt 2 tablespoons of butter, stir in four tablespoons of *Regal* flour, add 2 cups of milk and stir until it boils. Lay in halves of six hard boiled eggs and heat gently. Put layer of stewed peas in bottom of bread case, fill with eggs and sauce and lay on hot dish. Arrange border of peas and serve.



EGG SAUCE

One cup court bouillon, 3 tablespoons butter, 2 tablespoons *Regal* flour, 1 hard cooked egg, salt, pepper. Melt tablespoons butter, add flour and when smooth, add court bouillon stirring until it boils. Season to taste with salt and pepper; add remaining butter and egg thinly sliced or chopped. Or omit hard-boiled egg and add 2 egg yolks slightly beaten and lemon juice to taste.

EGGS WITH MUSHROOMS II.

Heat one large tablespoon of butter until it is very hot. Chop one-half slice of onion and cook in the hot butter until a light brown, then, add one-half can of mushrooms and sauté until brown. Drain off the butter and add to the mushrooms 4 well beaten eggs, with 3 tablespoons of cream, season with a little salt and cook slowly until the eggs set.



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Fish

HINTS ON FRYING FISH

There are three ways of preparing fish for frying: first dipping in milk and flour; second, coating it with prepared batter; third, eggs and crumbs.

The pan should contain sufficient fat to thoroughly cover the fish. Dripping, lard or oil can be used for frying purposes.

The fat must be quite hot before the fish is put in, so as to harden the outside thus preventing the fat from entering into the fish which would spoil the flavor.

Only a small quantity of fish should be fried at a time and the fat should get hot before the next lot is put in.

As soon as the fish is brown on both sides, drain it on paper to absorb all the fat. When the frying is ended, allow the fat to cool a little, strain to remove any loose crumbs or batter and the fat will be quite fit for future use.

HINTS ON BOILING FISH

Clean and wash with plenty of cold water the fish intended for boiling. Add a little salt to the water; this will help to clean it and keep the fish firm.

Put the fish into warm water, add salt and vinegar to taste. (Vinegar helps to keep the fish firm and white).

Allow about ten minutes for each pound of fish and fifteen or over if large.

Fish must not boil fast; the slower the better. When cooked, it should have a creamy appearance and come easily from the bones. Serve with melted butter, parsley, capers, eggs, anchovy sauce.

BOILED COD

Put the fish into a large pan with enough warm water to cover. Add salt and enough vinegar to flavor the water, boil gently till the tail bone will come out if lightly pulled. When done, lift carefully out of water, drain and dish. Serve with melted butter or parsley sauce.

BROILED COD

Get two or three slices of cod about $\frac{3}{4}$ of an inch thick, wipe the fish, season with salt and pepper. Broil the slices over a good fire for about fifteen minutes with a little butter spread on each slice. Garnish with parsley and slices of lemon and serve quickly.



CODFISH BALLS

Boil 1 cup codfish with 4 good sized potatoes. When done, mash potatoes and fish together, add good sized piece of butter, pepper and one beaten egg. Roll in *Regal* flour to form balls and place in frying pan. Fry brown on one side in butter, turn and brown other side.



BAKED STUFFED HADDOCK

Wash, scale and wipe a large fresh haddock and remove the eyes. Prepare stuffing with 3 ounces of bread crumbs, 1 teaspoon herbs, parsley, a little onion juice; season with pepper and salt, mix all with one egg. Stuff the body of the fish with this and sew up the opening. Pass a trussing needle threaded with string through the tail of the fish, center of body and eyes, draw the fish up into the shape of the letter S. Brush over with beaten egg, sprinkle bread crumbs, few pieces of butter and dripping. Bake in a brisk oven for about half an hour or longer, basting frequently. Dish and serve with brown sauce or melted butter.



FRIED FRESH HERRING

Empty the herring, take off heads, scrape the scales off and wipe them quite clean; split them open from the back and lay them flat. Dust them with a little pepper and salt. Good herring need no dripping as they contain enough oil in them to fry in.

BAKED MACKEREL

Split fish, clean and remove head and tail. Put in buttered dripping pan and sprinkle with salt and pepper and dot over with butter (allowing 1 tablespoon to a medium sized fish) and pour over $\frac{2}{3}$ cup milk. Bake 25 minutes in hot oven.

FINNAN HADDIE

Braise 2 cups of finnan haddie that has been picked up fine in a lump of butter the size of a walnut, over the open fire. Add 1 cup of cream into which 1 tablespoon of *Regal* flour has been rubbed smooth. Let come to a boil and when cooled a little, add one large tablespoon of grated cheese, a trifle of pepper and just before serving, the well beaten yolk of an egg. Serve on toast.

SALMON LOAF

Take one can of salmon, drain off the juice, chop fine. Add yolks of 4 eggs beaten very light, $\frac{1}{2}$ cup of grated bread crumbs, 3 tablespoons of melted butter, $\frac{1}{2}$ teaspoon of pepper, $\frac{1}{2}$ teaspoon salt and a little finely chopped parsley. Beat whites of eggs stiff and add last. Put in buttered pan and bake half an hour.



DRESSING FOR LOAF

One cup of sweet milk (added to the juice of the salmon), 1 tablespoon of butter, 1 tablespoon of *Regal* flour. Cook until thick. Add 1 egg beaten light. Pour over loaf.

PICKED CODFISH

Take 2 lbs. of codfish, cover it with cold water and soak over night. Then remove all bones and skin, shred into small pieces, cover with cold water and place over the fire. As soon as it boils, pour off the water, taste of the fish, and if too salt, repeat the process. Once more, drain off all the water and cover the fish with a cup and a half of rich milk and let it cook slowly fifteen minutes. Add butter the size of a walnut, stir in quickly 2 eggs, remove from the fire and serve at once.



BOILED FISH

Dredge the prepared fish with *Regal* flour. Wrap in a cloth. Put into a steamer or in boiling water. When done, take from the kettle, drain, place upon a hot platter, remove the cloth, garnish with lemon points and sprigs of parsley and serve with drawn butter egg sauce. A medium sized fish will boil in half an hour and when sufficiently cooked, will flake and separate easily.

TO BROIL SALMON

Take 2 slices of salmon cut from the middle of the fish, sprinkle over a little lemon juice, cayenne pepper, salt and salad oil. Let it remain for half an hour. Rub the gridiron well with beef suet or pork. As it is a nice manner to broil salmon without burning, it would be well to wrap it in buttered or oiled paper just before broiling. Serve with a maître d'hôtel, pickle, caper, anchovy or horse-radish sauce.



SARDINE RAREBIT

Broil the sardines. Toast some narrow strips of bread on one side and place the sardines on the untoasted side. Set in the oven until the sauce is made. For every 20 sardines, use the following ingredients. Melt 1 tablespoon of butter, add 2 tablespoons of grated cheese, stir until the cheese is melted and add gradually the beaten yolk of an egg mixed with $\frac{1}{4}$ of a cup of thin cream. Stir until smooth and thickened; add $\frac{1}{2}$ teaspoon of salt, a teaspoon of tabasco sauce and pour over the sardines, a few spoonfuls to each sardine. Serve at once with quarters of lemon.

SALMON CROQUETTES

Flake 2 cups of cold boiled or canned salmon with a silver fork. Season it with a little salt, mustard and cayenne. Mix with it 1 cup of thick cream sauce made by blending together 1 tablespoon of butter with 2 tablespoons of *Regal* flour and adding gradually 1 cup of rich hot milk or thin cream. Cook this in a double boiler until smooth and thick, seasoning the sauce with salt, pepper and celery salt. Spread the salmon mixture on a buttered platter to cool. Heat 1 cup of canned peas with 3 teaspoons of butter, 1 teaspoon of sugar, 2 teaspoons of *Regal* flour and 3 tablespoons of thin cream. When the salmon is cold, shape a portion into a flat round cake, put a spoon of creamed peas in the center, cover with the salmon, make into a ball, dip in crumbs, beaten egg and crumbs again and fry to a golden brown in hot fat. Garnish with parsley.



SALMON ON TOAST

Make a cup of drawn butter sauce by melting 1 tablespoon of butter and stirring into it an even tablespoon of *Regal* flour. When this is quite smooth, add 1 cup of boiling milk. Season with salt and cayenne pepper, or according to taste, and stir in 1 large cup of salmon, picked into flakes. When quite hot add 1 egg well beaten with 3 tablespoons of cold milk or cream. It should be served smoking hot, poured over round pieces of bread fried in butter. If this is too rich, it is very good served on toasted bread instead.



SLICES OF SALMON BOILED

If a family is small, don't buy a middle cut, but a few slices. Boil them very slowly in acidulated salted water or in court bouillon with wine. Serve them with parsley between and a napkin underneath. Serve a sauce Hollandaise in the sauce boat.



FRIED SLICES OF FISH WITH TOMATO SAUCE

Bone and slice the fish and cut it into even slices. Remove the skin carefully. After having sprinkled pepper and salt over them, roll each piece first in sifted crackers or bread crumbs, then in half a cup of milk mixed with an egg and then in the crumbs again. They are better fried in a sauté pan in a little hot butter or hot lard. Pour tomato

sauce in a hot platter, arrange the pieces of fish symmetrically on it, and serve immediately.

SCALLOPED FISH

Use what is left from the baked or boiled fish served at dinner. Remove the bones and skin, break in pieces, mix with it the dressing and sauce if any. Arrange in a baking dish with alternate layers of cracker crumbs using butter, pepper and salt as needed. Have crumbs come to the top and moisten with milk using less if there is sauce. Bake until brown and serve at once for luncheon.

CODFISH WITH VEGETABLES

Freshen codfish and cut it in chops about 3 by 6 inches in size. Put into hot water and set on the stove where it will barely simmer. Boiling hardens the fiber of the fish as it does of meat. When the fish is perfectly tender, drain, pour over it a butter sauce and serve for dinner with mashed potatoes, beet pickles and boiled carrots.

SALMON SALAD MOLDS

Mix 2 cups of cold boiled salmon, 1 tablespoon of lemon juice, 1 teaspoon of chopped parsley, 2 drops of tabasco sauce, 1 tablespoon of granulated gelatine dissolved in a little water with enough cooked salad dressing to moisten. Fill small molds, place on ice for 2 or 3 hours, turn out on lettuce leaves and serve with cucumber cream sauce.



FISH IN RAMEKINS

Make a white sauce with 2 tablespoons of butter, 1 tablespoon of Regal flour and 1 cup of hot milk. Season with salt and a little curry powder and mix lightly with about a pound and a half of halibut which has been boiled and flaked. Fill the dishes and cover with crumbs prepared in the following way: Melt $\frac{1}{2}$ cup of butter, add 1 small cup of dried bread crumbs, mix well and salt and pepper to taste. Set the dishes in the oven to brown the contents and garnish each with a bit of parsley.



TOASTED CODFISH

Cut the fish in thin strips and freshen it. Dry, put between the wires of a broiler and toast till delicately brown. Lay on a hot platter and spread with butter.

HALIBUT WITH ANCHOVY SAUCE

Four tablespoons of butter, 4 tablespoons of *Regal* flour, $\frac{1}{8}$ teaspoon of pepper, $\frac{1}{2}$ teaspoon of salt, 2 hard boiled eggs chopped, 2 cups of cream, 2 drops of tabasco, 1 teaspoon of anchovy essence, $1\frac{1}{2}$ cup of cold cooked halibut flaked. Mix ingredients in order given and cook 10 minutes. Serve with brown bread spread with cheese and chopped olives.



BAKED FINNAN HADDIE

Put a haddie in a spider, pour over it $\frac{1}{2}$ cup of milk and $\frac{1}{2}$ cup water and put at the back of the range where it will heat slowly. Let it stand for half an hour just barely reaching the simmering point, pour off the liquid, spread with butter and bake 5 minutes in a hot oven.

BROILED FINNAN HADDIE

Put a haddie between the greased wires of a broiler and brown on both sides. Put in a pan, cover with hot water, allow it to stand 10 minutes, then drain and put on a platter. Spread with butter and dust with pepper.

CODFISH FRITTERS

Cut the codfish into strips about the size of a finger, freshen by soaking over night in cold water; in the morning, dry between towels. Dip each piece in fritter batter and fry brown in hot fat.

CODFISH AND POTATO OMELET

Make a potato and fish mixture exactly as if for fishballs, but leave out the egg. Fry out some salt pork in a spider and in the dripping put the fish and potato to cook. When well browned, fold in omelet fashion and turn out on a hot platter.

TO BAKE A PICKEREL OR WHITE FISH

Make a stuffing of bread crumbs, butter, pepper, salt, sweet herbs, if preferred, one beaten egg; stuff the fish and sew it up or wind twine around it firmly; lay sticks across the bottom of dripper to lay fish on and bake one and one half hour slowly.



TURBOT

Take a large whitefish, steam until tender. Take out the bones and sprinkle with salt and pepper. For the dressing, heat one pint of milk seasoned with onions, parsley and thyme. Then strain and thicken with $\frac{1}{4}$ lb. of *Regal* flour. When cool, add 2 eggs and $\frac{1}{4}$ lb. butter. Put in a baking dish a layer of fish, then a layer of sauce, until full; cover the top with bread crumbs and bake for half an hour.

OYSTER STEW

Put into a colander 1 quart of oysters. Pour over them $\frac{3}{4}$ cup of cold water, reserving the liquor. Heat the reserved liquor to boiling point and strain through a double thickness of cheesecloth. Add oysters and cook stirring occasionally until oysters are plump and edges curl. Remove the oysters with a skimmer to a heated tureen. Add $\frac{1}{4}$ cup scalded milk and some pepper to the oyster liquor. Then pour all over the oysters.



LITTLE NECK CLAMS

Serve raw, like oysters, on the half-shell.

RECHAUFFÉ OF FISH

Take a pint of cold boiled fish, cut in small pieces. Put into the chafing-dish with 2 tablespoons butter, $\frac{1}{2}$ cup milk or cream, 1 cup of fine cracker or bread crumbs, a little pepper and salt and 1 egg slightly beaten. Let it simmer for 5 or 6 minutes.

LOBSTER CUTLETS

Two cups of lobster meat, 2 tablespoons *Regal* flour, one tablespoon of chopped parsley, $\frac{3}{4}$ of a cup of cream or milk, 1 tablespoon of butter, 2 eggs (yolks only). Chop the fish into small pieces using a silver knife and adding the seasoning. Heat the milk to scalding, rub the butter and flour to a smooth paste, add this to the milk and stir until it thickens. Then add the beaten yolks of the eggs. Cook one minute and remove from the fire. Carefully add the lobster to this mixture and set aside to cool. When cold, form into balls, dip fish into beaten egg and then in bread or cracker dust and fry in smoking hot fat. Drain upon brown paper and serve garnished with lemon.

BAKED CLAMS

Prepare 25 clams and drain. Take $\frac{1}{2}$ pint of cracker crumbs, $\frac{1}{2}$ cup of warm milk, $\frac{1}{4}$ cup of clam liquor, 2 beaten eggs, 1 heaping tablespoon of butter and salt and pepper. Mix in one dish the crackers and moisten first with the milk, then with clam liquor. Add the eggs and butter and the clams chopped fine. Fill 12 clam shells heaping full, sprinkle each with bread crumbs and brown in the oven.



CLAM FRITTERS

Strain 1 pint of clams saving the juice. Add to this juice sufficient water to make one pint. Mix into it 1 egg well beaten and sufficient *Regal* flour to make a light batter also the clams chopped and some salt. Drop by the spoonful into boiling hot lard.

OYSTER COCKTAIL

Mix together the strained juice of half a lemon, $\frac{1}{2}$ teaspoon of vinegar, 8 drops of tabasco sauce, $\frac{1}{2}$ teaspoon of horseradish, and $\frac{1}{2}$ teaspoon of tomato catsup.



Add 8 oysters and let stand 5 minutes. Do not chop large oysters but use blue points or a small oyster. Have glasses chilled before filling. Use claret or cocktail glasses.

LOBSTER WIGGLE

Into the chafing-dish, put 2 tablespoons of butter and 2 tablespoons of *Regal* flour. Stir together till like a paste, add 1 cup of cream or rich milk, $\frac{1}{2}$ teaspoon of salt, a dash of paprika, 1 teaspoon of lemon juice and chopped parsley. Beat till creamy with a whisk. Add $1\frac{1}{2}$ cup of lobster meat cut into small cubes. Cook for a few minutes with the lid on. Just before serving, add $\frac{1}{2}$ a can of French peas. Pour over fingers of buttered toast.



SOFT SHELL CRABS

Dry the crabs, sprinkle them with pepper and salt, roll them first in *Regal* flour then in egg (half a cup of milk mixed in 1 egg) then in cracker dust, and fry them in boiling lard.

DEVILED CRABS

When the crabs are boiled, take out the meat and cut it into small pieces; clean well the shells. To 6 ounces of crab meat, mix 2 ounces of bread crumbs, 2 hard boiled eggs chopped, the juice of half a lemon, cayenne pepper and salt. Mix all with cream or cream sauce or what is still better, a Bechamel sauce. Fill the shells with the mixture, smooth the tops, sprinkle over sifted bread crumbs and color in a quick oven.

OYSTER COCKTAIL

Seven teaspoons of horse-radish, 7 teaspoons of vinegar, 10 teaspoons of lemon juice, 1 teaspoon of tabasco sauce, salt to taste, 1 quart of oysters for 12 people. Serve in glasses.

LOBSTER THAKERAY

Two or three lobsters cut into squares, the fat (or green part) of one or two, 1 saltspoon of salt, 3 dashes red pepper, 1 tablespoon walnut catsup, $\frac{1}{4}$ lb. butter, 1 scant spoon paprika. This can be made in a chafing-dish.

SCALLOPED SCALLOPS

Fry a light brown in butter, shaking often to prevent burning; if you have the shells, wash thoroughly and butter, otherwise use a baking dish well buttered. Put in a layer of bread crumbs well buttered, then one of scallops and so on until the dish is full having the crumbs on top. Cover with a white sauce made of 2 tablespoons of butter and 2 tablespoons of *Regal* flour cooked together and then stirred smooth in a pint of milk, and bake 20 minutes or until nicely browned.



CREAMED OYSTERS WITH CELERY

Clean one pint of oysters and cook them in their own liquor until they are plump. Drain then straining the oyster liquor and add to it enough thin cream to make $1\frac{1}{2}$ cup. Melt in the chafing-dish 3 tablespoons of butter, add 5 table-



spoons of *Regal* flour and stir to a paste. Pour in the liquid gradually and beat till creamy. Season with pepper and salt and celery salt. Add the parboiled oysters and cook till just at the boiling point. This may be poured over slices of buttered toast then sprinkled with very finely chopped celery. If plain creamed oysters are desired, leave out the celery and celery salt and if toast is not obtainable, the dish is excellent served with bread and butter sandwiches.



CREAM CRAB

One tablespoon of butter, 3 tablespoons of *Regal* flour, 1 teaspoon of minced onion, 1 blade of mace, salt and pepper; meat of one crab in rather large pieces, 1 pint of cream, 1 egg beaten. Cook onion and mace in butter. Take spoon and remove onion and mace. Add the flour and cook a minute. Then add cream and cook until it thickens. Season, add the beaten egg; then the crab. When crab

is hot, serve on toast.

SHRIMPS, NEWBERG STYLE

These are prepared in the chafing dish. Use the shrimps which come in glass. Melt a tablespoon of butter, add the contents of 2 jars of shrimps which have been drained and wiped dry, season with a teaspoon of salt and a dash of cayenne, 1 tablespoon of brandy and two of sherry, cover and cook slowly 5 minutes. In the meantime, beat the yolks of 4 eggs thoroughly and add 1 cup of cream to them. Pour over the shrimps, stir a few moments till creamy and serve immediately with celery and home-made finger rolls.

OYSTERS A LA SNOWDON (For chafing Dish)

Heat 1 quart of cream, season to taste with celery, salt, paprika and a few drops of tabasco. When very hot, place in cream about a pint and a half of large selected oysters, thoroughly drained and let stand until a trifle curled. Then add 2 or 3 tablespoons of Madeira and serve in hot plates.

DEVEILED OYSTERS

Clean, drain and slightly chop 1 pint of oysters. Add to a sauce made from 4 tablespoons of butter, 4 tablespoons of *Regal* flour and $\frac{3}{4}$ of a cup of scalded milk. Add the yolk of 1 egg, $\frac{1}{2}$ teaspoon of salt, a dash of cayenne, 1 teaspoon of lemon juice and $\frac{1}{2}$ a tablespoon of finely chopped parsley. Arrange buttered oyster shells in a dripping pan half full with the mixture and cover with buttered crumbs. Bake from 12 to 15 minutes in a hot oven. Send to the table garnished with parsley and lemon.



A LITTLE OYSTER STEW (For chafing Dish)

Put into the chafing-dish 2 tablespoons of butter and 1 tablespoon of *Regal* flour. Stir with a whisk till like a paste. Then pour in one cup of strained oyster liquid and 4 tablespoons of cream. When it begins to boil, add 20 oysters and a dust of paprika and salt. Put on the lid and allow the stew to cook for about 2 minutes. Then the gills will be curled up. Serve in bouillon cups with saltine wafers.



LOBSTER A LA NEWBERG (For Chafing Dish)

Put in chafing-dish 1 tablespoon butter, 1 cup cream (or milk with a little corn-starch), 2 cups lobster, yolks of 2 eggs, 1 wine glass of sherry. Serve with saltines.

CREAMED OYSTERS

Make a good cream or white sauce, wash and drain oysters, put into sauce. Let stand until well heated. Then serve.

SHRIMPS WITH TOMATO SAUCE

Cook together 1 tablespoon each of butter and *Regal* flour until they bubble, stir into this $\frac{1}{2}$ pint of strained tomato liquor, 1 bay leaf and 1 grated onion. After they have been cooked for 10 minutes, stir the sauce until thick, then add $\frac{1}{2}$ pint of shrimps. Season and serve.



BROOK TROUT

Wash and dry the fish thoroughly, sprinkle a little pepper and salt over them and roll in cornmeal. Use one part butter to two parts lard and fry to a golden brown. Drain and serve with slices of bacon and hard boiled eggs cut in rings and laid around the platter.

SCALLOP COCKTAIL

Clean scallops, put in saucepan and cook until they begin to shrivel. Drain, chill and put in small scallop shells, allowing 2 shells and 10 scallops for each person. Arrange on plates of crushed ice, with lemon baskets in center filled with cocktail sauce, same as for oyster cocktail.

OYSTERS WITH COCKTAIL SAUCE

Twenty-four oysters on half-shell, 3 tablespoons lemon juice, 2 tablespoons tomato catsup, 1 tablespoon finely chopped onion, 12 drops tabasco sauce, $\frac{1}{2}$ teaspoon grated horse radish, salt, 4 lemons. Cut 2 sections from each lemon, remove juice and pulp leaving basket with handles. Mix lemon juice with other seasonings, adding salt to taste. Put mixture in baskets and place each one in center of a deep plate of crushed ice. Arrange six oysters around each basket and serve for a first course.

OYSTERS ON THE HALF-SHELL

Leave oysters on deep halves of shells, allowing six to each person. Place on plates of crushed ice with small ends towards the center and where they meet, place a half of a lemon cut in points and sprinkle with a few grains of paprika.



LOBSTER COCKTAIL

One cup lobster meat, $\frac{1}{2}$ cup tomato catsup, 2 teaspoons Worcestershire sauce, $\frac{1}{4}$ cup lemon juice, $\frac{1}{2}$ teaspoon tabasco sauce, $\frac{1}{2}$ teaspoon finely chopped



chives, salt to taste. Mix ingredients, salt to taste, chill thoroughly and serve in cocktail glasses.

MACKEREL WITH LEMON BUTTER



Split and bone mackerel and wipe with cheesecloth. Broil first on flesh side and then on the skin side, over a bed of hot coals or under the gas flame. Make 6 triangular slices of toast and spread with lemon butter. Cut fish and arrange pieces on the toast. Garnish with slices of lemon and watercress.

FILLETS OF HADDOCK (Lemon Sauce)

One small haddock, 5 tablespoons butter, 1 cup water, two tablespoons *Regal* flour, 2 tablespoons lemon juice, 2 slices of onion, $\frac{1}{4}$ cup of cream, 1 egg yolk, salt, pepper. Skin and bone the haddock and put in buttered pan; cover with 3 tablespoons melted butter and pour around the water to which has been added the lemon juice and onion. Cover and bake 25 minutes. Melt 2 tablespoons butter, add the flour and when smooth, the liquor from the pan and stir until it boils. Beat egg yolk slightly, add cream and stir into the sauce just before serving. Season with salt and pepper, strain over fish and garnish with parsley and lemon.

CAVIARE CANAPES

Season Russian Caviare with a few drops of lemon juice. Cut bread in $\frac{1}{4}$ inch slices, then in rounds or rectangles. Toast on 1 side and spread untoasted side with seasoned caviare. Decorate edges with chopped white of hard boiled egg and cooked yolk. Force through a strainer and serve on doilies on individual plates for a first course.

DEVILED SARDINES

Peel off the skin of 8 large sardines and put them into a chafing-dish. Mix 1 dessertspoon of English mustard, 1 teaspoon of finely chopped pimentoes, and 2 tablespoons of Worcestershire, and pour over the sardines. Place over a brisk heat for 3 minutes. Have ready 4 strips of nicely buttered toast very hot and slip two sardines on each strip. Serve on hot plates garnished with parsley and thin slices of lemon.

CREAMED OYSTERS IN TOAST CUPS



Firm 1 pint of oysters by pouring one quart of boiling water over them; drain and chop fine. In the chafing-dish, melt two tablespoons of butter, turn in the oysters, dust with a little salt and pepper and sauté until nicely browned. Add 2 tablespoons of powdered crackers and $\frac{3}{4}$ of a cup of sweet cream. Stir all together and cook 3 minutes. Serve in toast cups garnished with parsley. To make the toast cups, cut slices of bread 2 inches thick and 4 inches square. Remove the crust and scoop out the crumbs until a shell is formed, about $\frac{1}{2}$ inch all round. Brush inside and outside with melted butter and brown in a quick oven.

FISH CROQUETTES

Pick up the fish and to 2 cupfuls, add $\frac{3}{4}$ of a cup of stiff white sauce made with 2 tablespoons of *Regal* flour, one of butter and the hot milk. Season well and



spread out to cool, then mold into croquettes, cover with sifted crumbs, dip in half beaten egg yolk and crumbs again and let them stand and dry for an hour. Cook two at a time in a wire basket in deep fat. Serve with peas or tomato sauce.

FISH SOUFFLE

Cut up the fish and heat with 1 cup of white sauce to one cup of fish; make the sauce with a tablespoonful of butter, one and a half of *Regal* flour and one of hot milk. Cook thick; simmer the two a moment and add the beaten yolks of three eggs. Cook 2 minutes more and cool; beat the whites stiff and fold in and bake 40 minutes. Serve at once. This dish can be seasoned with curry if desired or merely salt, pepper and a little chopped parsley.



PICKLED FISH

Purchase 4 lbs. of salmon or halibut, wash; put it in a kettle and cover with boiling water; add a tablespoon of salt and boil gently for 30 minutes. When done, drain and stand aside to cool. Take off the skin, cut the fish into convenient pieces. Put 1 quart of good vinegar in a porcelain lined kettle, add 2 blades of mace, six whole cloves, 2 bay leaves, a small onion chopped, a dash of red pepper, 2 tablespoons of sugar; bring to boiling point, drop in the pieces of fish and let them boil up once. Have ready 4 or 5 quart glass jars. See that they are scalded and made clean. Lift each piece of fish, arrange them in the jars, cover with the boiling vinegar, adjust the rubbers, take the tops from a kettle of boiling water, screw on quickly and stand in a cool dry place. This will keep for months.

FILLET OF HALIBUT CHOPS

Cut slices of halibut into fillets, season with pepper and salt, spread a tablespoon of seasoned mashed potatoes to which add 2 yolks of eggs and minced parsley; fold other half of fillet to form chop; dip into beaten egg, crumb; fry in fat, drain, insert piece of macaroni in each chop; decorate with frill, garnish with lemon and celery.

FRIED OYSTERS

Select large oysters. Drain and wipe them by spreading upon a cloth, laying another cloth over them and pressing lightly. Roll each oyster in beaten egg, then in cracker crumbs containing a very little pepper. Fry in a mixture of equal parts of lard and butter, or oil.



OYSTER PATTIES

One quart oysters minced fine, 1 cup of rich drawn butter, cayenne and black pepper to taste. Stir minced oysters in drawn butter and cook five minutes. Have ready some shells and fill with the mixture. Set in oven 2 minutes to heat and send to the table.



FISH PIE

Cooked fish, cooked potatoes, $\frac{1}{2}$ pint of white sauce, pepper and salt. Grease a pie dish and into it put any remains of cold white fish, freed from the skin and bones. Pour the sauce over the fish and season with pepper

and salt. Mash the potatoes and spread them neatly over the fish. Place a few small lumps of butter on top. Bake in a hot oven for 20 minutes and serve hot.



FISH SCALLOPS

Two cups of cold fish, either salmon or other boiled fish. Pick the fish carefully, moisten with an egg and $\frac{1}{2}$ cup of milk. Add a teaspoon of *Regal* flour, a teaspoon of sauce, salt and pepper to taste. Place in a deep dish and cover with bread crumbs, butter the top and brown in the oven.

Send hot to the table.

FISH BALLS

Allow a half cup of shredded fish to a cup of hot mashed potatoes, mix well with a well beaten egg, add a little pepper and a small piece of butter. Form in balls, dip in *Regal* flour, egg and fresh bread crumbs and fry in hot fat.

SMOKED HERRINGS

Broil the herrings, pare off the skin and trim off the heads and tails, split and scrape the loose bones. Place on strips of buttered toast and put in the oven for 5 minutes and serve hot.

BROILED TROUT

Clean and split them open, season with a little salt, and cayenne; dip in whipped egg, dredge with *Regal* flour and broil over a clear fire. Serve with sauce.

FINNAN HADDIE A LA CREME

Prepare the fish by soaking it in plenty of cold water for one hour, then parboil for at least 20 minutes. Remove from the water and wipe dry. Separate into flakes. Put 2 cups of the fish into the chafing-dish with 1 cup of cream. To this, add 1 tablespoon of finely chopped pimientos and 1 table spoon of *Regal* flour rubbed smooth in 1 tablespoon of butter. Cook five minutes, season with a little salt if necessary and a dash of pepper.



COURT BOUILLON

Two cups cold water, 3 slices carrot, 1 slice onion, one sprig parsley, 2 tablespoons lemon juice, bit of bay leaf, $\frac{1}{4}$ teaspoon peppercorns, 1 teaspoon salt. Put ingredients in sauce pan, adding head and bones of fish if at hand. Bring to boiling point and cook 30 minutes or until reduced to 1 cup. Use for sauces, fish, aspic, to flavor the water in which fish is cooked or as a foundation of a fish soup.



Invalid Cookery

PRUNE JELLY

Stew a cup of prunes in sufficient water to cover them well. When tender, pour through a potato press or a colander; add 1 ounce of gelatine previously soaked for half an hour in a little water. Return to the fire, sweeten to taste, let cook 3 minutes and pour in molds to cook.

APPLE AND CUSTARD

Pare and core a large apple, fill the cavity with sugar. Put a little water in the bottom of a dish and bake. Make a custard of a cup of milk, 1 teaspoon of sugar, a small teaspoon of cornstarch, yolk of 1 egg. Flavor to taste after boiling thick and pour around the baked apple. Use the white for a meringue. Eat cold.

SLIP

One tablespoon of cornstarch, 1 pint of boiling water, 1 small cup of sugar, juice and rind of 1 lemon. Boil till thick and pour in a baking dish. Beat the white of an egg with a tablespoon of sugar spread on top. Brown slightly and serve cold with boiled custard.

FRUIT BLANCMANGE

A cup of any fruit juice, fresh or canned, heated, sweetened to taste and thickened with a tablespoon of cornstarch. Cook well and serve cold with milk. If a little less cornstarch is used and when nearly cold, the stiffly beaten white of an egg is added, a delicious float is the result. All juices should be strained.

EGG CREAM

Two eggs, 2 tablespoons of sugar, juice and grated rind of half a lemon. Separate yolks from whites of eggs and beat with sugar in bowl until both are well mixed; then add lemon juice and rind and place the bowl in a dish of boiling water on the stove. Stir slowly until the mixture begins to thicken; then add beaten whites of eggs and stir for 2 minutes or until the whole resembles very thick cream. Remove from fire and pour into a small pudding dish and cool. Serve in small dainty cups or glasses.



GRUEL FOR INVALIDS

Put a pint of water on the stove and as it heats, stir in 2 tablespoons of oatmeal and a pinch of salt. When the gruel is well boiled, break an egg into a bowl and beat light with enough sugar to sweeten it. Pour the boiling gruel on the egg and sugar and beat hard. A wineglass of sherry may be added if desired.



RICE WATER

Two tablespoons of rice, 1 quart of boiling water. Simmer 2 hours, strain, add a pinch of salt, sugar and brandy to taste. Use either hot or cold. A few raisins can be boiled in with the rice sometimes.



BEEF TEA AND OATMEAL

A tablespoon of well cooked oatmeal and a cup of beef broth to thin it. Season to taste; serve hot with toast.

BLANCMANGE

One and a half tablespoons of cornstarch, 1 of sugar, 1 pint of milk, a pinch of salt. Let the milk come to a boil, add the starch, dissolved in a little cold water, salt and sugar. Stir till thick, then cook for 30 minutes in a double boiler. When it has partly cooled, add a beaten egg and any flavoring desired. Serve with milk when cold.

TAPIOCA JELLY

One-half cup of tapioca, 2 cups of water, $\frac{1}{2}$ cup sugar, juice and rind of $\frac{1}{2}$ lemon. Cook the tapioca in the water for 1 hour using a double boiler. At the end of that time, add the lemon and sugar and 3 teaspoons of brandy. Strain and serve cold with milk. This is one of the few things for the sick of which enough can be prepared for several meals.

CRACKER PUDDING

A cup of milk, 1 tablespoon of cracker crumbs, yolk of 1 egg. Bake and make a meringue of the white and a generous tablespoon of sugar. Flavor with vanilla and serve with sweetened milk.

BAKED CUSTARD

One egg beaten light, a scant pint of milk, 2 tablespoons sugar. Pour in a small buttered pan, grate nutmeg over the top, set in a large pan of boiling water and bake in a moderate oven. Watch it or it will cook too much. Insert a knife blade and if it comes out clean, the custard is done. Serve it cold.



ORANGE PUDDING

One half cup of sugar, 2 tablespoons of rolled cracked crumbs, 1 egg, 1 small orange (grate rind of half only), a pint of milk or water. Bake like custard and serve cold.

OMELET

Beat one egg separately, the white till stiff but not dry. Add 1 tablespoon of milk to the yolk, mix well, stir in the white and pour in at once into a hot buttered pan. Set in a quick oven till a delicate brown. Loosen the edges, lift up one end with a cake turner, fold over and serve at once. This omelet does not toughen or get heavy.



SHIRRED EGGS

Beat one egg very lightly with a fork; add a tablespoon of milk and mix. Pour into a hot pan where a teaspoon of butter has melted. Stir constantly with the fork until thick and creamy. Serve on hot buttered toast.

MILK SOUP

A pint of boiling milk poured over 3 tablespoons of fine cracker or bread crumbs. Salt to taste.

SYLLABUB

Dissolve a generous teaspoon of sugar in a teaspoon of brandy. Put in a pint cup and milk, shake until foam reaches the top.



BEEF BROTH AND EGG

Make a good broth and pour over a well beaten egg. Season with salt and serve with a slice of delicately browned toast.

EGG WATER

Stir the whites of two eggs in a half-glass of ice water. Add salt or sugar to taste. This is especially good for bowel trouble.

BRAN TEA

This is so good and nutritious it ought to be more widely used. Add one pint of boiling water to $\frac{1}{2}$ pint of wheat bran. Let stand on the back of the stove for an hour but do not boil. Strain and serve with sugar and cream same as coffee.

POTATO SOUP

One generous tablespoon of mashed potatoes. Add gradually 1 pint of new milk. Place on the stove and when hot, stir in a heaping teaspoon of cornstarch dissolved in cold milk. Let boil up several times. Season with salt and celery salt or a sprig of parsley. The potatoes must be free from lump. Rice may be substituted if liked, but also must be mashed and the milk added slowly.

MILK AND ALBUMEN

A pint of new milk, unbeaten whites of 2 eggs, a small pinch of salt. Put in a clean quart bottle, cork and shake hard for 5 minutes.



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Meats and Poultry

TO BROIL STEAK OR CHOPS

The meat is exposed directly to an intense heat either over or under the flame. Wipe meat with a clean damp cloth. Place the meat on a wire rack lightly greased and sear quickly on the side; turn and sear the other side. Continue cooking and turning until both sides are a rich brown. Remove to hot platter, season with butter rubbed to a cream, salt and pepper. Garnish with parsley or cress and serve at once. A steak $1\frac{1}{2}$ inch thick to be medium rare, will take about ten minutes; chops 6 minutes.

TO ROAST OR BAKE BEEF, LAMB, MUTTON

Scrape and trim meat, wipe clean. Place on a rack in a dripping pan, dust with pepper. Barely cover bottom of pan with water, add a teaspoon of salt. The meat may be dusted with *Regal* flour. Place in a hot oven to quickly sear all surfaces. Reduce the heat and continue cooking, basting every 10 minutes with drippings in pan, until meat is done. Fifteen minutes for each pound is about correct. Serve at once.

STUFFED SPARE RIBS

Make a dressing as for fowl, using dry bread crumbled fine. Add a couple of large boiled, mashed potatoes, one medium sized onion chopped fine, salt and pepper to taste and a sprinkle of sage. Dampen potatoes with enough water to form a loaf. Put spare ribs in a pan and dressing on top with another layer of spare ribs on top of this and sprinkle with salt and pepper. Put one-half cup of water in pan and keep ribs basted to prevent drying out.

POT ROAST



In a hot frying pan, melt a lump of butter, or fry out a small piece of pork. While very hot, put in the roast, browning all sides. Roll it over, do not insert the fork so as to keep all juices in. When browned, put in a pot, cover closely and cook slowly for three hours, turning occasionally. Keep about a cupful of water under the meat and sprinkle a little *Regal* flour, and salt over the meat 15 minutes before taking out.

VEAL AND PEAS

Cut cooked veal into small pieces; add $\frac{1}{4}$ as much green peas; make sauce of butter, *Regal* flour and meat juice and seasoning. Stir in veal and peas, reheat and serve.



CALF'S LIVER

Cut a liver into slices, roll them in *Regal* flour mixed with salt, paprika and pepper, then cook in hot fat till lightly colored. Remove the liver and keep hot. Slice fine 2 onions and cook in the pan then add 2 or 3 tablespoons butter and when melted, add 3 tablespoons *Regal* flour and cook. Add liver to gravy, also a tablespoon of finely chopped parsley. Serve hot.

IRISH STEW

Use either beef or mutton. Cut into pieces about an inch square and cover with cold water. To each pound of meat, allow one onion, 4 good sized potatoes, salt and pepper to taste. Cover and cook very slowly for 2 hours. Thicken gravy with *Regal* flour blended with a little water or butter and serve hot.



SCALLOPED LAMB OR BEEF

Remove skin and fat from thin slices of cold meat, cover the bottom of a baking dish with buttered cracker crumbs, add a layer of meat and one of macaroni or rice boiled. When all this is used, pour over tomato sauce and cover with buttered cracker crumbs and bake until brown.

ROAST SPARERIBS DRESSING

Stuff the ribs with a dressing made of one small stale loaf of bread, one quart thinly sliced apples, 1 cup seeded and chopped raisins, $\frac{1}{4}$ cup butter or pork fat, 1 cup chopped nuts and the grated rind and juice of half a lemon.

CROWN ROAST OF PORK

The ribs may be made into a crown the same as a crown roast of lamb. Fill the center with the stuffing for roast spareribs before roasting.

BOILED MUTTON AND BROTH

Use 1 lb. neck of mutton, 1 quart boiling water, $1\frac{1}{2}$ ounce pearl barley, salt, pepper, 1 carrot, 1 turnip, 1 onion, a small piece of cabbage and a tablespoon of parsley. Wash barley, put into saucepan with boiling water, cut vegetables into dice and let them boil for an hour before adding meat. Wipe the mutton, put into water when boiling and carefully remove scum as it rises. Serve with caper sauce.



SAVORY HEARTS

Take lamb or calve's hearts, fill with a dressing of bread crumbs, sage, salt and pepper. Bake in a quick oven until tender, about 15 or 20 minutes. Cover with mashed potatoes, bake until brown and serve hot with brown gravy. Beef's heart is also delicious with the above stuffing, but it should be cooked more slowly as it takes much longer to bake.



HAMBURG STEAKS

One pound of minced beef, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 teaspoon onion juice. Mix together all ingredients and shape with the hands into six round cakes, about $\frac{3}{4}$ of an inch thick. Fry in fat about 8 minutes. Serve with tomato sauce.



VEAL LOAF

Three lbs. of upper part of leg of veal, chopped fine, $\frac{1}{4}$ lb. of well selected salt pork, chopped fine, 2 eggs well beaten, 1 cup of crackers rolled to a powder, 1 teaspoon salt, 1 teaspoon pepper, 1 teaspoon sage. All the ingredients should be mixed thoroughly and then baked in a bread pan for 1 hour or more.

BRAWN

Get a pig's head and some lean pieces, place in a saucepan and cover with cold water. Bring to boiling point and continue cooking until the bones will come away easily from the meat. Place this on a large dish and remove all the meat cut into small pieces. Season with salt, pepper and a dash of nutmeg. Place this into wet molds and fill up with the stock from the bones to which add three or four sheets of gelatine. Allow to set thoroughly. Turn out and serve with salad. This may be made with veal or rabbit.

MEAT PATTIES

Put 1 lb. of lean steak through a meat chopper, place it in a hot saucepan and fry it a few minutes, then add 1 tablespoon of *Regal* flour, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ teaspoon Worcestershire sauce, and $\frac{3}{4}$ cup of stock or water. Cook 15 minutes and turn out on a platter to cool.

CURRIED BRISKET WITH RICE BORDER

Two lbs. of brisket, 2 cups of cut onions, 2 teaspoons salt, 2 tablespoons *Regal* flour, 2 teaspoons curry powder, 1 tablespoon celery tops. Cut meat into thin slices, brown on both sides in hot iron pan (no fat is needed as meat is fat enough).

Then put in boiler and cover with boiling water. In the pan in which the meat was browned, fry the onions and add to meat. Add salt and boil slowly 3 hours or until tender. Mix flour and curry with a little water, add to meat with the celery tops and boil 10 minutes. Serve with 3 cups of boiled rice as a border.



VEAL BALLS WITH TOMATO SAUCE

1 $\frac{1}{2}$ lb. of neck of veal, 1 cup of dry bread crumbs, 1 teaspoon grated onion, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{2}$ lb. salt pork or bacon, 2 teaspoons of salt, 1 teaspoon of catsup, 1 teaspoon of kitchen bouquet. Put raw meat and pork through a meat chopper; add the bread crumbs and seasonings. Mix well and roll into eight balls. Brown quickly in hot dripping or oil; place in an earthenware serving dish. Cover with strained tomato sauce and bake 45 minutes. Serve in the casserole.



MOUTON EN CASSEROLE

One lb. mutton, 2 onions, $\frac{1}{2}$ pint tomato purée or $\frac{1}{2}$ pint box of tomatoes, 1 ounce dripping, 1 ounce *Regal* flour, a pinch of dried herbs, 2 ounces spaghetti or macaroni. Fry the meat brown on both sides in dripping. Add the flour and mix tomatoes, onions, also a little water if necessary. When this comes to boiling point, put in the meat with seasonings and let it simmer gently in the casserole for one hour and a half. Boil the macaroni in salted water till tender, drain well and keep hot. Serve in casserole. Rub the tomatoes through a sieve, add the macaroni to the sauce. Fill the center of the dish with macaroni and pour sauce over and around.



STUFFED LEG OF MUTTON

Have the bones removed. Fill the space with a dressing of 1 cup of bread crumbs worked with butter, 2 tablespoons of finely minced almond, pepper, salt, parsley, and a little onion juice. Sew or tie up that the stuffing may not escape. Have ready in your roaster a carrot cut in dice, a sliced tomato, a small onion, a stalk of celery, a little parsley. Lay the mutton upon them, pour over 2 cups of boiling water, cover closely and cook 2 hours, basting 4 times. Remove the cover, brown. Rub the gravy through a colander, thicken with *Regal* flour browned, and send to the table in a sauce boat. Mashed or stewed young turnips are a good vegetable to serve with it.

RISSOLES

Some cold meat, half the quantity of boiled rice, chopped onion and parsley, a little gravy or stock, egg and breadcrumbs or flour and breadcrumbs and milk. Put the meat through a mincer and mix with the boiled rice. Add half onion chopped fine if the quantity of meat and rice is sufficient for eight rissoles and plenty of chopped parsley to flavor. Season with pepper, salt, Worcester sauce. Add gravy to bind the mixture. Divide into equal parts and shape into balls, brush with egg and roll in dried breadcrumbs, fry in very hot fat.

KROMESKIES

This is a very useful recipe as the last remnants of a joint may be utilized that would otherwise be too small a quantity to serve. Put meat through a mincer, season well with pepper and salt and moisten with a little gravy. Cut some bacon very thin, lay a spoonful of minced meat in each slice and roll up. Dip each roll in thick batter made from 2 tablespoons of *Regal* flour, 1 egg and just enough milk to form a thick coating. Fry in hot fat and serve with mashed potatoes.



HEAD CHEESE

Head cheese is made from pork. Get a head of pork, season with salt, pepper, allspice, cloves, a wine glass of sherry. The meat is first boiled for about 3 or 4 hours or until it separates easily from the bones. Cut up in quarter inch cubes. Then strain the stock in which meat was cooked. Add cut up meat, seasoning, 1 onion chopped fine (or a little garlic) boil slowly 20 minutes. Then put in molds or individual cups. Let set and serve cold.



A GOOD MEAT PIE

Cut into small bits any cold meat you have on hand (or several kinds if you wish). Make a thin gravy of the liquid in which the meat was cooked by stirring into it while boiling a little *Regal* flour rubbed smooth in water. Season well. Turn the meat and gravy into a pudding pan and cover with a soft biscuit dough piercing several times to allow the steam to escape. Bake in a quick oven.



CHICKEN PIE

Bake a short biscuit crust in a deep dish. Have ready tender chickens cooked as for fricassee and browned in hot butter; prepare a sauce of 1 cup of the liquor, browned *Regal* flour, a can of mushrooms cut fine, pepper and salt, and 1 pint sweet cream. Arrange the pieces in the pie crusts; as soon as baked, pour over sauce; garnish with parsley and balls of cooked potatoes.

BEEF LOAF

Chop cold beef fine, add half as much stale bread crumbs, pepper and salt, 1 unbeaten egg, a small onion finely chopped. Steam $1\frac{1}{2}$ hour in a well buttered bowl. Make a sauce with *Regal* flour, butter and milk, warm a little tomato juice and strain into the sauce. Pour this sauce over the loaf before serving.

LIVER CUTLETS

One egg, 1 lb. of calf's liver cut in thin slices, beat up the egg, dip in the liver then into powdered crackers and fry brown. Serve with slices of bacon fried to a crisp.

VEAL CUTLETS

One egg, cracker crumbs rolled fine, veal cutlets. Beat the egg, dip the cutlets which have been seasoned with pepper and salt, then roll them in cracked crumbs. Fry a nice brown in $\frac{2}{3}$ lard and $\frac{1}{3}$ butter.

MOCK DUCK



Take a round steak, spread out and pound. Make a dressing of bread crumbs (rubbed fine), put one spoon of butter in frying pan and add bread crumbs, a little chopped onion, salt and pepper and sage to taste. Spread this on the steak and roll, bind well with string and secure ends. Place in pan with 1 cup of warm water. Bake until brown. Garnish with mashed potatoes.

SHEPHERD'S PIE

Cook some potatoes and mash them smooth with milk or white sauce. Put in a layer of them in the bottom of a dish; over this, put the meat which has been minced fine and mixed with onion sauce or gravy, as preferred. Cover the meat with the rest of the potatoes and put into the oven to brown. Serve hot.



PORK TENDERLOINS

Split tenderloins in halves; fill with dressing and roast, basting well.

YORKSHIRE PUDDING FOR ROAST BEEF

Three eggs, 1 pint of milk, 1 cup *Regal* flour, salt to taste. Pour into baking pan in which you have 1 cup of drippings. Bake 40 minutes in a moderate oven. Pour off dripping as the pudding cooks.



CHICKEN POT PIE

Take a fat fowl, joint and boil until tender, season to taste with salt and pepper; if the fowl is fat, use no butter. Have sufficient broth to more than cover the chicken as the dumplings will absorb it. When the chicken is boiled tender, set off the fire for a few minutes, then return to the stove again and drop the dumplings in by the spoonfuls on top of chicken in kettle. This will prevent the dumplings from getting heavy. Cover kettle tight and let boil briskly for 25 minutes or longer. Do not let them burn.

DUMPLINGS

Take 1 quart of *Regal* flour, sift into a bowl with $\frac{1}{2}$ teaspoon salt and 3 teaspoons of baking powder. Rub flour with butter the size of an egg. Then add 1 pint of sweet milk and stir with spoon until mixed. If it seems sticky, add a little more flour.

CHICKEN CROQUETTES

Take cold chicken, chop very fine, add an equal quantity of smooth mashed potatoes, mix and season with butter, salt, black pepper, a little prepared mustard, a little cayenne pepper. Make into cakes and dip into egg and breadcrumbs. Fry light brown.

JELLIED TONGUE

Boil one tongue (beef) in salted water for 4 hours or until a straw will run easily through it. Peel and place in a small bowl. Add a little of the water it was boiled in with seasoning to taste. Place under a heavy weight in a cool place.

CURRIED VEAL

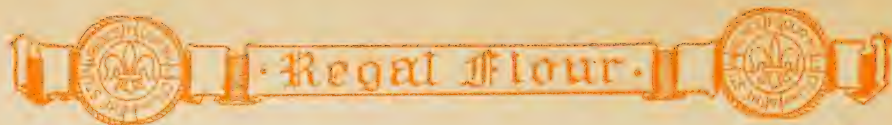
Cut into small pieces some cold roast or stewed veal. Fry one small onion (or more) in butter or dripping. Remove the onion and brown the meat thoroughly in fat.

Cover with water and cook for a few minutes, flavoring the mixture with curry powder, allowing $\frac{1}{2}$ teaspoon of curry to each pound of meat. Thicken with *Regal* flour. Add 1 tablespoon of vinegar or lemon juice. Serve with a border of strained rice.



JELLIED CHICKEN

Boil chicken until meat will slip easily from the bones. Remove from the liquid and while still warm, remove the meat from the bones. Cover with slices of lemon



the bottom of a flat dish which has been buttered. Put a layer of white meat, and then a layer of dark alternately until the dish is full. Take 1 pint of stock, strain it and add half a box of gelatine (previously soaked) pepper and salt to taste. Pour this over the chicken and cool.

TOAST OF VENISON



Wash a roast of venison in warm water and dry thoroughly. Put in a deep baking dish with a little boiling water, and cover half an inch thick with a coarse paste made of *Regal* flour and water. A thickness of coarse paper should be laid over the paste. Cook in a moderately hot oven for 4 hours or less according to the size of the roast. Twenty minutes before it is done, quicken the fire, remove the paste and paper, dredge the roast with flour and baste well with butter until the roast is a delicate brown.

Serve with currant jelly.

VENISON CUTLETS

Season venison cutlets with salt and pepper, dip them in beaten egg. Then roll them in cracker crumbs. Fry brown in a pan of smoking hot lard and butter. Serve, garnished with parsley and slices of lemon.

SPICED BEEF

Boil a shank of beef in a little water until the meat drops from the bone. Chop very fine and spice with ground cloves, pepper, salt, summer savory. Add sufficient of the liquor in which it has boiled to moisten well. Press into molds.

MOCK TERRAPIN

This may be made from either beef or liver though the latter is more tender. Put 2 tablespoons of butter and 2 of *Regal* flour in a saucepan, adding the flour when the butter bubbles; rub smooth, pour in two cups of mixed gravy and water or mixed stock, let it boil once; add 4 cups of meat cut into cubes and let this barely simmer half an hour. Unless this can be done on the stove, use a double boiler as it must not cook rapidly. Season highly with salt, pepper and a little cider if you choose. Have ready 4 hard boiled eggs and when the meat is put on a hot platter, put slices of these all around the edge. Any sort of cold meat may be made into this simple dish.



PILAU

Cook one small onion finely chopped with a tablespoon of butter; before it begins to brown, add 2 cups of cold meat diced, with salt and pepper and cook very slowly 10 minutes. Boil half a cup of rice with a cup of water 5 minutes; add to the meat and put in also a can of tomatoes and half a cup of boiling water, simmer till the rice is perfectly tender.

RICE LOAF

Another way of utilizing odd scraps of meat is this. Chop the meat, put into the frying pan with gravy or water, season well and let it simmer till it is hot and



smooth. Thicken with a spoonful of *Regal* flour rubbed with one of butter. Cook half a cup of rice till very tender and dry. Season well. Butter generously a bread tin or any mold and line it with the rice pressing it firmly. In the center, put the meat draining it if it is too thick, cover with more rice and bake in a pan of boiling water in the oven half an hour; turn out on hot dish and serve as it is, passing gravy in a sauce boat or put a tomato sauce around it.

CHARTREUSE OF SWEETBREAD

Prepare sweetbreads by plunging them into cold water and allowing them to stand one hour, drain and place at once in boiling water salted to which has been added 1 teaspoon of lemon juice or vinegar. Cook slowly 20 minutes, then drain again and plunge into very cold water. Remove all skin and pipe and cut into small cubes. Mix 1 cup of sweetbread with 1 cup of softened bread crumbs, $\frac{1}{2}$ cup of sweet cream and 1 tablespoon of melted butter. Roll tablespoons of the mixture into small flat shapes, with a well drained oyster concealed inside each shape. Just before using, sauté in 1 tablespoon of hot butter until a golden brown, then turn and brown on the other side. Slip on hot plates and serve at once.



GALANTINE

One pound round steak, 1 lb. raw ham, 2 eggs, $1\frac{3}{4}$ cup bread crumbs, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon pepper, 1 teaspoon salt, juice of 1 lemon, grated rind of 1 lemon. Put the meat through a food chopper, add eggs well beaten, and remaining ingredients. Pack into a well greased bread pan. Cover with buttered paper and steam 4 hours. Serve cold thinly sliced.

GERMAN SOUR BEEF

Two cups water, $\frac{1}{2}$ cup lemon juice, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 large onion, 1 carrot, 2 lbs. cheap cut of beef. Cut onion in thin slices, carrots in strips, add water, lemon juice, salt and pepper and pour over beef and leave over night. Drain meat, put in small agate pan, dredge meat with *Regal* flour and put in hot oven until flour is brown. Add 1 cup of the water in which meat was soaked and cover closely. Bake slowly and when half done, add vegetables drained from water and continue the cooking adding more liquid as needed. When tender, remove to serving dish, and thicken gravy of which there should be 1 cup with 1 tablespoon of flour, mixed with two tablespoons of cold liquid. Add if desired $\frac{1}{4}$ cup of sour cream. Put vegetables around the meat and serve gravy in a sauce boat. The lemon helps very much to make tough meats tender.

SPANISH LUNCHEON DISH

Put 1 cupful of olive oil in a frying pan with a clove of garlic and a slice of onion and fry brown, add 1 lb. of cold roast meat and fry brown. Then add 1 canful of tomatoes and a chili pepper. Meanwhile boil 12 sticks of macaroni in salted water for 20 minutes, then add to the meat with 1 cup of mushrooms (fresh or canned) and pepper and salt to taste. When ready to serve, cover thickly with grated Parmesan cheese. Serve hot. The meat should be cut in inch thick pieces before frying.





VEAL SOUFFLE

Make a sauce of 1 tablespoon of butter, 1 tablespoon of *Regal* flour, 1 cup of hot milk, or stock, $\frac{1}{2}$ a teaspoon of salt and a few grains of pepper. Add 1 cup of chopped veal and $\frac{1}{4}$ cup of stale bread crumbs. Remove from the fire, add the yolks of 2 eggs beaten light. Fold in the whites beaten stiff. Bake 30 minutes in a buttered mold, set in a pan of hot water in a moderate oven.



FRANKFORTS IN CREAM SAUCE

Make a cream sauce of $1\frac{1}{2}$ tablespoon each of butter and *Regal* flour and 1 cup of milk. Season with pepper and salt. Skin 4 Frankfort sausages. Cut into pieces of about an inch long and bring them to the boiling point in the sauce.

CHICKEN PUDDING

One half lb. of *Regal* flour, 1 quart of milk, 4 eggs, 6 ounces of butter, 1 large or 2 small chickens. Season very highly with pepper and salt. Serve immediately upon baking. Line the dish with the chicken, pour batter over it. Have the dish hot before the chicken is put in.

DUCK

Pick, singe and wipe outside. Salt and pepper the inside after carefully drawing and wiping out with a piece of old linen. Do not wash them. Cut off the wings at the second joint and truss the duck neatly. Roast in a very hot oven from 15 to 20 minutes in a baking pan containing a little water. Baste frequently. Celery or onions, or apples cored and quartered are sometimes placed inside the duck to improve the flavor.

MEAT LOAF

Two lbs. chopped beef, 1 lb. chopped pork, 2 eggs, 4 teaspoons of milk, 5 crackers, roll fine, salt and pepper. Mix in loaf with bits of butter on top. Bake 1 hour.

CREAMED CHICKEN

One chicken of $4\frac{1}{2}$ lbs. or 2 of 3 lbs., 4 sweetbreads and one can of mushrooms. Boil chicken and sweet breads and when cold, cut up as for salad. In a saucepan, put 4 coffee cups or one quart of cream, in another, 4 large tablespoons of butter and five of *Regal* flour. Stir the latter until melted, then pour on the hot cream stirring until it thickens. Add and stir in a small half of a grated onion and a little nutmeg and season highly with black and red pepper. Put chicken and ingredients together with sweetbreads and mushrooms in a baking dish, cover with bread crumbs and a piece of butter and bake 20 minutes. It can be made without sweetbreads by using more chicken but it is not so good.



CHICKEN TERRAPIN

Make a sauce with 2 tablespoons of butter, 2 of *Regal* flour and 1 cup of cream or



half cream and chicken stock. Season with salt and pepper. When boiling hot, remove from fire, add 2 well beaten eggs and 1 pint of chopped cold chicken. Butter individual dishes or one baking dish, pour in the chicken mixture and place the dishes in a pan of hot water. Spread crumbs on top and bake in a moderate oven for 20 minutes. Serve at once.

BAKED HAM

Soak the ham in cold water one night. After soaking, scrape well. Make a quart of *Regal* flour into a very stiff paste and cover the entire skin side. Place the ham perfectly level in a roasting pan and fill pan with cold water. Replenish occasionally with hot water while baking. For a 7 to 8 lbs. ham, bake about $3\frac{1}{2}$ hours; for one weighing 8 to 10 lbs., 4 to 5 hours.



CHICKEN PIE CRUST

Sift together $2\frac{1}{4}$ quarts of *Regal* flour, $2\frac{1}{2}$ teaspoons of baking powder, $\frac{1}{2}$ teaspoon salt. Rub into the flour 1 cup of lard and $\frac{1}{3}$ lb. of butter. Moisten with 1 pint of milk. Place on board and roll in $1\frac{2}{3}$ lbs. of butter in 4 rollings. Line the sides of the dish and arrange 4 chicken stewed until nearly tender, with the largest bones removed. Cover with the remaining crust, cut an opening in center for the steam to escape.

IMPERIAL SCALLOP

One cup of chopped ham, $1\frac{1}{2}$ cup of cream sauce, 3 hard boiled eggs, $\frac{1}{2}$ cup of fresh bread crumbs, with a large teaspoon of melted butter. Stir the chopped ham in cream sauce, put one-half in a baking-dish; add the chopped eggs, then the rest of ham, cover with bread crumbs and bake until it is a very light brown.

ROAST TURKEY

Remove the crusts from a stale loaf of bread. Break the loaf in the middle and grate or rub the bread into fine crumbs. Season highly with salt and pepper. Add a cup of diced celery cooked tender. With a fork mix celery and seasoning well through the crumbs, then sprinkle over and through them three or four table-spoons of melted butter. With a spoon, put the prepared crumbs in the place where the crop was removed until the breast becomes plump. Put the remaining crumbs in the body but allow room for them to swell. Fold back the wings. Press the legs close to the body crossing the drumsticks in front of the tail. With small skewers and strong cord, fasten in proper shape. Place the turkey back up on a rack in the roasting pan. When the back is browned, turn the turkey over and when the breast and sides are nicely browned, baste with a thin gravy every 10 or 15 minutes until the fowl is cooked. An 8 lb. turkey will cook thoroughly in 2 hours.



ROAST LAMB

Wipe the meat with a damp towel, place in a baking pan and dredge with paper. Add a cup of boiling water and a teaspoon of salt to the pan. Baste every 10 minutes and let bake 15 minutes to the pound in a very hot oven. When done, take up on a heated dish, garnish with cress and serve with mint sauce and green peas.



BOILED QUARTER OF LAMB

Take a plump hind leg, put into a kettle and cover with boiling water. Set over the fire and let come to a boil, pour into a pint of cold water and let simmer gently until done. Take the meat up on a hot dish, garnish with boiled cauliflower and serve with caper sauce.



FRIED CHICKEN

Clean and wash a chicken of the frying size, cut it up dividing the breast into 2 pieces and lay it in cold water for half an hour. Have on the stove a frying pan with lard an inch deep in it. Season the chicken with salt and pepper and dredge with *Regal* flour. Drop into the boiling lard and turn frequently till it is brown. Invert a pan over the frying chicken in order to cook it thoroughly.

JELLIED CHICKEN WITH MAYONNAISE

One 5 or 6 lbs. chicken, 1 can of French mushrooms, 1 small onion, 6 cloves, 4 hard boiled eggs, 12 olives, 3 tablespoons of capers, 1 package of gelatine. Put the chicken, cloves and onion in 3 pints of water, season with salt and pepper and boil slowly. When tender, take off and let the chicken and broth get cold. Then cut the chicken in dice shaped pieces and season. Skim the cold broth, removing all the fat. Put the gelatine in a little more than a cup of the broth; place the rest of the broth on the fire with almost $\frac{3}{4}$ of a cup of the mushroom juice; let come to a good scald, then pour the hot broth on the dissolved gelatine. Curl the olives and cut the eggs and a few of the mushrooms in thin slices and decorate the bottom of the mold, then lay the minced chicken in, carefully adding a few mushrooms from time to time. Strain the broth and pour on just enough to cover well. Set away to harden. Serve with mayonnaise dressing.

ROAST GOOSE

Select a young goose weighing eight or 10 lbs. Wash thoroughly and rinse in warm water. Wipe the fowl dry and stuff with 6 potatoes boiled and mashed, mixed with 1 teaspoon salt, $\frac{1}{2}$ teaspoon white pepper, 1 teaspoon sage, 1 tablespoon onion juice and 2 tablespoons of butter. Never stuff poultry of any kind full but leave some room for the stuffing to swell. Sew and truss the goose and steam it for $\frac{1}{2}$ hour to draw the oil out. Then place in a pan, dredge with salt, pepper and *Regal* flour and roast in the oven pouring in a little hot water when it begins to brown, and basting often. Cook for about $1\frac{1}{2}$ hour or until brown and tender. Remove the goose to a hot platter, pour off the oil in the pan and make a brown gravy with flour and water, as for roast turkeys. Garnish the goose with celery tops or cress and serve with brown gravy in a gravy boat and apple sauce.



HASH

Three-eighths cup of cooked meat cut into cubes, $\frac{1}{4}$ cup of cold boiled potatoes cut into cubes. Cook $\frac{1}{4}$ teaspoon of fat and $\frac{1}{2}$ teaspoon of *Regal* flour in a stewpan until brown. Add $\frac{1}{2}$ cup of cold stock or water and season with a teaspoon of onion juice (or 1 onion fried), pepper and salt. When this gravy is the proper con-





sistency, turn in the meat and potatoes and when thoroughly heated, serve with toasted crackers or bread with parsley as garnish.

BREADED CHOPS

Cut a loin of lamb into chops $\frac{3}{4}$ of an inch thick. Dip each one in beaten egg and lay on a meat board. Mix a teacup of grated bread crumbs with a saltspoon of minced parsley and a little nutmeg. Roll the chops in the bread crumbs and fry in boiling fat until brown. Take up on a heated dish and garnish with slices of lemon and parsley.



LAMB'S HEAD

Clean the head and put in a pot with the liver. Cover with water, add a teaspoon salt, let boil until tender. Take up the head, split it through the bone, cut the meat across both ways, put in a dripping pan, spread with grated bread crumbs, seasoned with salt and pepper, nutmeg and sweet herbs. Set in the oven, baste every few minutes with melted butter. Chop the liver and tongue put in a saucepan with $\frac{1}{2}$ teacup of the water in which the head was boiled, set over the fire, thicken with a teaspoon of butter rolled in *Regal* flour, season with salt and pepper, let come to a boil. Take the head up on a heated dish, pour the liver and tongue around it, garnish with slices of lemon and serve.

LAMB KIDNEYS EN BROCHETTE

Take 4 lamb kidneys cut nearly through, take out white veins and trim off the fat. Wash well in cold water, put in a small saucepan and cover with boiling water. Let stand near the fire for 5 minutes, take out and wipe dry. Slice fat bacon very thin in pieces the size of the half of each kidney. Place a piece of kidney on a skewer, then a slice of bacon, then the kidney and bacon until the kidney is all used. Arrange on a broiler, baste with melted butter. Broil over a clear fire for 6 or 8 minutes. Dust with salt and pepper and serve very hot on the skewers.

ROASTED PORK TENDERLOIN

Take 2 tenderloins and split lengthwise. Place 2 together and fill with dressing made of bread, onion, egg, sage and seasoning. Wind a string around to keep them together. Season on the outside and tack on with tooth-picks three slices of bacon. Roast as you would any other roast, about 45 minutes. This will make a nice cold meat dish in slices.

CHICKEN EN COQUILLE

Boil chicken in water or broth. Cut the meat into small dice and mix hot with Bechamel sauce. Place in shells, and sprinkle over cracker crumbs with bits of butter, and brown in hot oven. Mushrooms added to the chicken improve them.



MOCK PATE DE FOIE GRAS

Wash a small calf's liver, put in a stewpan with a good sized onion chopped fine,



2 bay leaves, mace, pepper, 6 whole cloves, salt, a lump of loaf sugar and 1 pint of stock. Cover the saucepan and cook gently for 3 hours. When done, cut the liver in thin slices, put them on a meat dish, strain over the liquor from the saucepan and stand aside over night. Next day, pound the liver to a paste, add slowly half a lb. of melted butter. Press the whole through a colander. Pack in small pots, smooth the tops, pour over melted suet or paraffin and stand in a cool place. This is cut in thin slices and served as a luncheon dish.



SWEETBREADS PLAIN

Let sweetbreads stand in cold water for 30 minutes. Remove membranes. Cook in boiling water salted for 20 minutes, and then put them in cold water to harden. Cut in small pieces, place in chafing-dish or griddle with large

lump of butter and cook until brown.

SWEETBREADS EN CASSEROLE

Clean 10 pairs of sweetbreads. Cook in boiling water salted for 15 minutes, then plunge into cold water after which break or cut into pieces. Melt 3 tablespoons of butter in an omelet pan, add $\frac{1}{4}$ cup of onion, $\frac{1}{4}$ cup of carrot cut fine, cook 3 minutes, then add the sweetbreads. When nicely browned, put into casserole, add bay leaf, 2 cups of white stock, salt and pepper to taste, cover and cook slowly half an hour. Shape a dozen potato balls with a French vegetable cutter, fry in 2 tablespoons of butter, add the caps of a dozen fresh peeled mushrooms and combine with the contents of the casserole adding more stock if necessary. Cook 15 minutes, then remove the cover to brown the sweetbreads. Recover and serve in the casserole.

MUTTON CHOPS EN CASSEROLE

Melt 2 tablespoons of butter, add 3 slices of onion and sauté the chops cut from a shoulder of mutton. Place in a casserole $\frac{1}{4}$ cup each of carrots, turnips, celery and onion, lay the chops on top of the vegetables and add 1 cup of stock or hot water. Cover and cook about $1\frac{1}{2}$ hour, season with salt and pepper, add 3 potatoes cut in slices and parboiled and more stock if necessary. Cover and cook until tender. Remove cover to brown the chops and potatoes.

CURRIED CHICKEN



Four tablespoons of butter, 2 cups of rich milk, 4 tablespoons of *Regal* flour, 2 cups of chicken meat, 1 tablespoon of curry powder, 2 hard-boiled eggs, 1 teaspoon of onion juice, salt and pepper. Melt butter, add flour and curry powder mixed, onion juice and milk. Cook 5 minutes, add chicken and eggs and seasoning. Cook until chicken is hot. Turkey or lamb may be prepared in the same way.

RABBIT EN CASSEROLE

Dress the rabbit (or hare) and cut into pieces for serving, dredge with *Regal* flour and fry in butter until delicately browned, then put into casserole. Melt 2 tablespoons of butter in a frying pan, add an onion cut in slices and when well browned, add 2 tablespoons *Regal* flour and slowly add 2 cups of hot water, stir until smooth, then pour over the rabbit, add a bit of bay leaf, enough water to



half cover and salt and pepper to taste. Cover and let cook in oven slowly for an hour or more. When tender, add $1\frac{1}{2}$ tablespoon of lemon juice, 3 tablespoons of sherry. Cover and serve at once. If a thicker sauce is desired, add another tablespoon of flour.

SQUABS EN CASSEROLE

Draw clean and truss 6 squabs sauté in 3 tablespoons of butter, then remove to the casserole, half cover with hot water or stock, add bay leaf, a sprig of parsley and cook until almost tender, then add 2 dozen potato balls sauté in butter with 1 sliced onion. When the potatoes are tender, add the yolks of 3 eggs beaten and diluted with $\frac{3}{4}$ cup of thin cream. As soon as the sauce thickens, serve from the casserole.



CHICKEN EN CASSEROLE

Dress a young chicken and cut in pieces for serving. Melt 3 tablespoons of butter in an omelet pan, add an onion, a small carrot each cut in slices, add the chicken and cook until delicately browned. Remove to the casserole, add $1\frac{1}{2}$ cup of white stock, a bay leaf. Cover and let simmer an hour or until tender, then add some potatoes cut in slices and a few mushrooms sauté in butter, season to taste and cook until done. Add 3 tablespoons of sherry and serve at once.

CHICKEN A LA PROVIDENCE

Clean a chicken, truss it neatly and firmly, add salt and pepper and place in a steamer to cook for about $1\frac{1}{4}$ hour. Remove from the steamer, place on a hot platter and pour around the chicken the following sauce: 2 cups of stock from the kettle under the steamer are thickened with 2 tablespoons of *Regal* flour and 2 tablespoons of butter cooked together. To this are added, just before serving, $\frac{1}{2}$ cup of carrot cut into very small cubes, $\frac{1}{2}$ cup of peas, salt and pepper, the yolks of 2 eggs and 1 teaspoon of lemon juice.

CHICKEN IN RICE CASSEROLE

Wash 1 cup of rice, throw in boiling water, boil for 20 minutes, then drain. Add $\frac{1}{2}$ cup of milk, a tablespoon of butter, a level teaspoon of salt, a little pepper; stir to a rather smooth paste. Brush custard cups with butter and line them to the depth of $\frac{1}{2}$ inch with rice mixture. Rub 2 tablespoons of butter and 2 of *Regal* flour together, add a pint of milk, stir until boiling; add a teaspoon of salt, a dash of pepper, and 1 pint of nicely seasoned block of cold chicken. Fill this mixture in the center of the cups, cover with a layer of rice, stand in a pan of boiling water and cook in the oven for 20 minutes. Turn carefully on a heated dish, garnish with nicely seasoned peas, and send to the table.



SAUSAGES AND POTATOES

One may easily transform a homely platter of sausages into a most sightly dish. Prepare plenty of mashed potatoes, press through a ricer adding butter, milk and seasoning, then whip till light with a fork. Make a bank of potatoes in the center of a platter and around it build a wall of potato, squeezed through a pastry bag. Set this in the oven to brown lightly. Fry the sausages pricking them all over to



prevent bursting. When the skins are well crisped, lay a row of the sausages on the bank of potatoes and send to the table piping hot.

PERDRIX AUX CHOUX (Partridges With Cabbage)



Stuff partridges with turkey dressing, put pieces of pork fat under wings and legs. Fry in equal parts of lard and butter, pepper and salt. Take out partridges when nicely browned. Then put in 4 large onions and a big cabbage chopped coarsely, few pieces of pork and bacon and fry in butter until brown. Put back the partridges and cover with hot water, season to taste, simmer gently until done, serve on toasts.

CHICKEN LIVER SAUTE

One cup chicken livers, 2 tablespoons butter, 3 tablespoons *Regal* flour, 1 cup brown stock made from extract of beef, salt, pepper, 10 large olives. Clean and cut the livers, sprinkle with salt and pepper, dredge with flour and sauté in chafing-dish with butter. Brown the 2 tablespoons of butter with flour and when sufficiently browned, add the soup stock which should be well seasoned. Now add the olives which should be stoned. Cook all together for 5 minutes and serve.

WILD DUCKS

To cook wild ducks, prepare carefully. Truss them in shape, dust with pepper and salt, put them in a baking pan, the bottom of which has been covered with boiling water. Run in a very hot oven; in a moment, the water will evaporate and there will be sufficient fat in the pan to baste the ducks. Do this two or three times for three-quarters of an hour. All red meats should be served rare and wild duck is one of the reddest of meats. Many of the water birds living upon fish have a decided fishy flavor; this may be overcome by filling the bodies with finely chopped celery and rubbing the breast with onion.

POTTED PIGEONS

Pigeons are better cooked in a moist heat. Singe, truss them in good shape and put them in a baking-pan. Put them in a hot oven and keep them there until nicely browned. While they are browning, rub together 2 tablespoons of butter and 2 of flour. Add a pint of stock, stir until boiling, add a teaspoon of kitchen bouquet, chopped onion, a bay leaf, a teaspoon of salt, a little pepper. Arrange the pigeons in a pot, casserole, dish or saucepan, pour over the sauce, cover and put in the oven to cook slowly for 1½ hour. Pass with these boiled rice, peas or asparagus tips and a sour jelly.



SMALL BIRDS

Blackbirds, reedbirds or other small birds may be roasted whole or put them in scooped out potatoes, fasten with a skewer and bake for half an hour. Serve them in the potatoes with brown sauce poured over. Grouse are very good rubbed with a piece of bacon then dusted with salt and pepper, rolled in oiled paper and baked for half an hour in a quick oven basting once or twice with hot stock. While they are baking mix two tablespoons of Worcestershire sauce with the juice of two lemons. Baste the birds well with this and dish on buttered toast.



Preserves and Pickles

ORANGE MARMALADE

Six oranges, 1 lemon, 11 cups cold water, 7 cups sugar. Peel oranges removing all white skin, and slice thin. Slice lemon with rind on; cover oranges and lemon with cold water, let stand 24 hours. Then boil 3 hours, add sugar and let boil one hour. Pour into glasses, cool and cover. This recipe makes 9 glasses of marmalade.

CONSERVE

Two lbs. rhubarb, 3 cups sugar, $\frac{1}{2}$ lb. seeded raisins, 1 orange, $\frac{1}{2}$ lemon, 1 cup walnut meats. Wash rhubarb, cut in one inch pieces, sprinkle with sugar, add raisins and orange and lemon, cut in thin slices rejecting seeds. Let stand until juice accumulates, then boil gently until thick, stirring frequently to prevent burning. Add nut meats, boil 2 minutes and pour into glasses or jars.

LEMON HONEY

Six tablespoons butter, 1 cup sugar, 3 egg yolks, 1 large lemon. Cream butter, add sugar gradually, then heat in double boiler until butter is melted. Add yolks of eggs beaten until thick and lemon colored, add grated rind of lemon. Stir until it begins to thicken, add juice of the lemon and continue stirring until the consistency of honey. Turn into two sterilized jelly glasses and cover.

GRAPEFRUIT MARMALADE

One orange, 1 lemon, 1 grapefruit, water, sugar. Slice fruit very thinly rejecting only seeds and core of the grapefruit. Measure fruit and add to it three times the quantity of water. Let it stand in an earthen dish over night and next morning, boil for 10 minutes only. Leave until next day, then boil 2 hours, measure, add an equal amount of sugar and boil stirring occasionally that it may not burn, about 1 hour or until it sheets from spoon. Pour into sterilized glasses, let stand till cold, then cover with melted paraffin.



CRAB APPLE JELLY

Wash the fruit clean, put in a kettle, cover with water and boil until thoroughly cooked. Then pour it into a sieve and let it drain. Do not press it through. For each pint of liquor, allow 1 lb. of sugar. Boil from 20 minutes to $\frac{1}{2}$ an hour.



RASPBERRY JAM

To 5 or 6 lbs. of fine red raspberries, not too ripe, add an equal quantity of sugar. Mash the whole well in a preserving kettle, add about 1 quart of red currants and boil gently until it jellies upon a cold plate, then put into small jars. Keep in a dark, dry and cool place.



STRAWBERRY PRESERVES

Make a syrup of a lb. of sugar to a pound of fruit. Boil the syrup, add fruit and cook until fruit is semi-transparent, then bottle and seal. All kinds of fruit may be done this way.

RED CURRANT JELLY

Strip the fruits off the stalks and place in a large preserving pan, cover with water and boil until thoroughly cooked. Strain through a sieve into a clean vessel and allow $1\frac{1}{2}$ lbs. sugar to every quart of juice. Stir gently over the fire until the sugar is melted. Boil steadily for 20 minutes and skim well. Pour the jelly into hot pots, cover with brandy papers or paraffin.

CHILI SAUCE

Twenty-four ripe tomatoes, 4 large onions, 8 green peppers, 8 tablespoons of sugar, 5 cups vinegar, 1 tablespoon whole cloves, 1 tablespoon cinnamon. Chop and mix together and boil 1 hour. Put in glass jars and seal.

TOMATO CATSUP

One gallon skinned tomatoes, 4 tablespoons salt, 4 of black pepper, $\frac{1}{2}$ spoonful of allspice, 8 red peppers, 3 spoonfuls mustard. Boil them together for 1 hour, then strain in through a sieve and when cold, bottle for use.

PICKLED CAULIFLOWERS

Two cauliflowers cut up, 1 pint of small onions, 3 medium sized red peppers. Dissolve $\frac{1}{2}$ pint of salt in water enough to cover the vegetables and let stand over night. In the morning, drain them. Heat 2 quarts of vinegar with 4 tablespoons mustard until it boils. Add the vegetables and boil for about 15 minutes or until a fork can be thrust through the cauliflowers.

CHOPPED PICKLES



One peck green tomatoes, 2 quarts onions and two of peppers (sweet). Chop all fine separately and mix adding 3 cups of salt. Let stand over night, in the morning, drain well. Add $\frac{1}{2}$ lb. mustard seed, 2 tablespoons allspice, 2 of cloves and 1 cup of grated horse-radish. Pour over it 3 quarts of boiling vinegar.

PICCALILLI

One peck green tomatoes, 1 doz. onions, 1 cup salt, $\frac{1}{2}$ dozen red peppers all sliced thin. Alternate layers with the salt. Allow to stand 24 hours, then drain. Add $\frac{1}{4}$ lb. mustard seed, 1 ounce allspice, 1 ounce ground mustard, 1 ounce cloves, 2 tablespoons black pepper, 1 ounce ginger, 2 tablespoons celery seed, $\frac{1}{4}$ lb. brown sugar, cover with vinegar. Boil 2 hours.



RIPE CUCUMBERS

Seven lbs. of cucumbers, 3 lbs. brown sugar, 2 quarts of vinegar, the size of an egg of allspices, cinnamon, cloves, ginger, nutmeg, to be put in a bag. Boil until the cucumbers are transparent. The cucumbers should be peeled, all seeds taken out and cut in pieces about 3 or 4 inches long, then weighed. Pears may be fixed the same way.



TOMATO PICKLES

One peck green tomatoes, 6 large onions, 1 cup salt, 8 cups water, 4 cups vinegar, 10 lbs. brown sugar, $\frac{1}{4}$ lb. whole mustard, 2 tablespoons cinnamon, 2 tablespoons allspice, 2 tablespoons cloves, 2 tablespoons ginger, 1 teaspoon cayenne. Slice tomatoes with onions, sprinkle salt over them and let stand over night, drain in the morning. Put in porcelain kettle with vinegar, let boil 15 minutes. Add other ingredients and let boil 15 minutes longer.

CORN RELISH

One dozen corn, 1 small cabbage, 2 large red peppers, $\frac{1}{4}$ lb. mustard, 3 pints white vinegar, 3 cups granulated sugar, $\frac{1}{2}$ cup salt, 2 tablespoons celery salt, Boil 30 minutes.

BEET RELISH

One cup cooked beets, 3 tablespoons horseradish, 2 teaspoons powdered sugar, 1 teaspoon salt, 4 tablespoons lemon juice. Chop the beets which should be cold, and add other ingredients. Serve with cold sliced meat.

CHOW-CHOW

One peck green tomatoes, $\frac{1}{2}$ peck ripe tomatoes, 12 onions, three heads cabbage, 1 cup salt, 1 cup grated horseradish, 6 cups (3 lbs.) brown sugar, 1 tablespoon black pepper, 1 tablespoon ground mustard, 1 tablespoon celery seed. Vinegar. Chop and mix the tomatoes, onions, cabbages and red pepper. Sprinkle salt over them and let stand for 24 hours, then drain, put in a kettle with the grated horseradish, sugar, black pepper, mustard and celery seed, cover all with vinegar and boil until clear.



Regal Flour is the housewives' favorite flour. On account of its high quality, always uniform and dependable it makes home baking a certainty. It enables the housewife to obtain the best results with any recipe. That is because it is made with Canada's choicest wheat milled in Canada's most modern mills. For sale by all grocers in bags of different sizes to meet all requirements.



Salads and Sandwiches

CHICKEN AND CELERY SANDWICHES

Put through the finest knife of the meat chopper one cup of cold chicken. Add to it 1 cup of celery cut very fine and 4 tablespoons of mayonnaise. Butter rounds of white bread, spread.

ONION SANDWICHES

Cut bread very thin, removing all crust. Bermuda or Spanish onion chopped fine and mixed with rich mayonnaise dressing and spread between buttered bread. Sardines can also be added for a change.

SALMON SANDWICHES

Drain the oil from a can of salmon, remove the skin and bones and mash the fish very fine. Add to it the yolks of 6 hard boiled eggs pressed through a potato ricer, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon paprika, 2 tablespoons lemon juice, 2 tablespoons chopped parsley and $\frac{1}{2}$ cup of boiled salad dressing. Spread between folds of white or entire wheat bread.

CUCUMBER SANDWICHES

Chop 2 good sized cucumbers fine, add a little onion juice, a dash of red pepper and mix with as much mayonnaise dressing. This filling is dainty and makes a very "tasty" sandwich.

CLUB SANDWICH

Toast a slice of bread evenly and lightly and butter it. On one half, put first a thin slice of bacon which has been broiled till dry and tender, next a slice of the white meat of either turkey or chicken. Over one half of this, place a circle cut from a ripe tomato and over the other half, a tender leaf of lettuce. Cover these with a generous layer of mayonnaise and complete this delicious "whole meal" sandwich with the remaining piece of toast.



MOCK CRAB SANDWICHES

To $\frac{1}{2}$ cup of grated cheese, add 4 tablespoons of creamed butter, $\frac{1}{2}$ a teaspoon each of salt, paprika and mustard, 1 teaspoon of anchovy paste and vinegar and 2 tablespoons of chopped olives. Spread between rounds of white bread.

CHEESE SANDWICHES

To half a cup of mild grated cheese and $\frac{1}{2}$ cup of Roquefort cheese rubbed to a



paste, add 1 teaspoon of paprika and $\frac{1}{2}$ cup of cream. Beat till smooth and spread between graham bread.

ANCHOVY CHEESE SANDWICHES

To one cottage cheese, add 2 teaspoons of anchovy essence, 1 teaspoon of paprika and 2 tablespoons of chopped parsley. Spread between slices of entire wheat bread.

TOASTED MARMALADE SANDWICHES

Cut 2 thin slices of bread, spread with butter, then spread lightly with orange marmalade. Put slices together, toast, put in halves crosswise and serve immediately.



SAVORY BUTTER SANDWICHES

Two teaspoons lemon juice, 2 teaspoons anchovy paste, 2 teaspoons mustard, 4 teaspoons Roquefort cheese, 4 tablespoons butter. Put all ingredients into a bowl, beat until smooth and creamy, spread on crackers, cover each with another cracker and use with cocktails or simple salads.

LEMON HONEY SANDWICHES

One cream cheese, 4 tablespoons lemon honey, bread. Work the cheese with a silver fork until it is soft, add lemon honey and mix. Cut bread into thin slices, spread with mixture, put together in pairs and cut in triangles or strips. This mixture can be spread on thin crackers and sprinkled with chopped nuts.

CHICKEN SALAD

Boil a chicken until it is tender, chop the meat and whites of 6 hard boiled eggs, add some chopped celery and cabbage. Mash the yolks of the eggs fine and add 2 tablespoons each of butter and sugar, 1 tablespoon of mustard, pepper and salt to taste and $\frac{1}{2}$ cup of vinegar. Chopped pickles may be used instead of the celery.

MARGUERITE SALAD

Hard boiled eggs divided into $\frac{1}{8}$, lengthwise. Separate the yolks from the whites and arrange the whites on a bed of lettuce to represent a marguerite. Mix yolks with a little salad dressing and seasoning, pass through a sieve and drop on the center of the whites.



CABBAGE SALAD

One-half cup of shredded cabbage, 1 cup chopped celery, 1 small tart apple (chopped fine), $\frac{1}{2}$ lb. of almonds or walnuts. Pour over this a dressing.

FISH SALAD

Take any kind of cold cooked fish, remove the skin and bone, cut in pieces and spread on lettuce leaves. Cover with dressing and garnish with small sardines and the whites of hard boiled eggs.



TOMATO SALAD

Half dozen of medium sized tomatoes, remove skins and slice tomatoes adding the yolks of two hard-boiled eggs, also 1 raw egg well beaten and mix with one tablespoon of melted butter, 1 tablespoon of sugar, salt and cayenne to taste.

When these are thoroughly mixed, add 1 cup of vinegar.



SALAD DRESSING

One tablespoon of butter, 2 eggs, $\frac{1}{2}$ cup vinegar (malt is preferable), 1 cup milk, $\frac{1}{2}$ cup brown sugar, 1 teaspoon salt, $\frac{1}{2}$ teaspoon white pepper, 1 teaspoon mustard, 1 tablespoon *Regal* flour, a dash of cayenne. Cook slowly, stirring while cooking.

CREAM DRESSING

Heat $\frac{3}{4}$ cup of vinegar in a double boiler. Mix together 3 teaspoons *Regal* flour, 3 teaspoons sugar, 1 teaspoon salt, 1 teaspoon mustard, dash of cayenne, yolks of 3 eggs or 2 whole eggs, $\frac{3}{4}$ cup of milk. Stir into hot vinegar and cook until thick stirring constantly. Take off the stove and stir in 1 tablespoon of olive oil.

CAULIFLOWER SALAD

Take any cold cauliflower and break into good sized bits and lay on a dish. In the middle, put a cup of cold cooked peas, sprinkle with salt and pepper and chill well. In serving, cover with French dressing.

BEEF SALAD

This is quite elaborate and very good. Chop the cooked beets a little and arrange on lettuce or watercress. Cover with $\frac{1}{2}$ cup stoned olives cut into good sized pieces, and put a spoonful of stiff mayonnaise on each portion, sprinkle all with either capers or chopped hard-boiled eggs.

ORANGE AND PEANUT SALAD



One banana, 2 oranges, $\frac{1}{2}$ cup peanuts. Lettuce, French dressing. Remove skin from banana, scrape and cut in quarters and roll in peanuts finely chopped. Pare oranges, cut in slices; stump out center and insert a piece of banana through each slice. Arrange on bed of lettuce and serve with French dressing.

PEANUT RICE SALAD

Three tablespoons rice, boiling salted water, 1 cup orange juice, $\frac{1}{2}$ cup finely chopped peanuts. Cream cheese balls, lettuce, French dressing. Wash rice, cook 7 minutes in boiling salted water. Drain, cover with orange juice and cook in double boiler until rice is tender. Cook, mix (using a fork) with finely chopped peanuts, sprinkle with salt, arrange on lettuce leaves with small balls made from cream cheese and serve with French dressing.



NEW YORK SALAD

Four slices pineapple, $\frac{1}{2}$ cup celery, $\frac{1}{2}$ cup nuts chopped, 2 oranges, cream mayonnaise, lettuce. Arrange slices of pineapple on nests of lettuce leaves, cut celery in slender strips, $1\frac{1}{2}$ inch long, and mix with nut meats. Pile in center of pineapple and garnish with four sections of orange, free from membrane, laid symmetrically on pineapple. Pass dressing separately.

FIG AND CHEESE SALAD

Mix cream cheese with pignolia nuts that have been browned in the oven. Season with salt and moisten with orange juice or cream. Fill fresh or canned figs with cheese mixture, arrange on lettuce leaves, garnish with thin slices of oranges, cut in quarters and sprinkle with finely chopped pignolia nuts and serve with dressing.



MOCK LOBSTER SALAD

Two cups cooked haddock, 2 cups celery, 2 tablespoons pimento, 1 cup mayonnaise dressing, 2 tablespoons lemon juice. Mix cold, flaked boiled haddock with finely chopped pimento, season with salt, paprika and lemon juice and let stand one-half hour. Add celery finely chopped and 2 tablespoons lettuce leaves and cover with dressing. Garnish with lemon cut in fancy shapes and decorated with paprika.

FRENCH DRESSING

One-half teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 4 tablespoons oil, 2 tablespoons lemon juice. Mix ingredients in order given and stir or shake thoroughly just before serving. A half-pint glass jar with screw top or a French dressing bottle are best for mixing.

ORANGE SALAD

Two oranges, few grains mustard, French dressing, water-cress. Pare oranges cut in very thin slices and sliced in quarters. Marinate with French dressing to which is added a few grains of mustard and serve on a bed of watercress.

GOLDEN SALAD DRESSING

One-fourth cup pineapple juice, $\frac{1}{4}$ cup orange juice, 2 tablespoons lemon juice, $\frac{1}{8}$ teaspoon salt, 2 egg yolks, $\frac{1}{3}$ cup sugar, 2 egg whites. Mix pineapple juice, orange and lemon juice and salt, and heat in double boiler. Beat egg yolks, until thick and lemon colored, gradually adding one-half the sugar, then while beating constantly, add hot fruit juices, return to double boiler and cook stirring constantly until thick and smooth. Beat whites of eggs until stiff, add remaining sugar and combine with fruit mixture just before removing from fire.



STAR SALAD

On individual plates of lettuce, arrange in star pattern, 5 sections of grapefruit



free from membrane; on these, place 5 sections of orange free from membrane. Cut long slender strips of figs and place on edge of orange sections. Fill spaces between orange star points with finely cut dates. Serve with French dressing.

MARTINIQUE FRENCH DRESSING

To French dressing, add $\frac{1}{2}$ teaspoon finely chopped parsley and $\frac{1}{2}$ tablespoon finely chopped green pepper.



RUSSIAN SALAD DRESSING

Three tablespoons mayonnaise dressing, 2 tablespoons olive oil, 1 tablespoon lemon juice, 1 tablespoon tomato catsup, 1 teaspoon chopped green pepper, 2 drops tabasco sauce. Add ingredients very slowly to mayonnaise dressing stirring constantly.

FRUIT SALAD

Blanch the meat of 2 dozen English walnuts and break in pieces. Skin and seed 2 dozen white grapes, cut one pineapple in slices in cubes. Slice 3 bananas. Separate the sections of 2 large oranges and remove all skin. Arrange each in separate piles. Pour over a dressing made of $\frac{1}{2}$ cup of Madeira wine, 1 cup sugar, 2 tablespoons of lemon juice, and $\frac{1}{2}$ cup orange juice. Garnish with maraschino cherries.

SALMON SALAD

Place on a bed of lettuce leaves, in a flat salad bowl, the contents of half a can of salmon freed from oil and bones and flaked. Pour over the fish, a little boiled salad dressing or mayonnaise and garnish with slices of hard-boiled eggs and lemon.

GARCIA SALAD

Cut celery, apples and fresh tomatoes in thin stripes about 2 inches long, serve on lettuce leaves with French dressing. A slice of truffle on the top add to the appearance and flavor.

BAVARIAN SALAD

Shred very fine 2 heads of lettuce, chop 2 onions fine and cut one cold beet into cubes. Make a layer of the lettuce, toss together the beets and onions and pile on the lettuce. Marinate with a French dressing, pour over the top an oil mayonnaise and garnish with sliced olives.



POTATO PEPPER SALAD

Cut 3 large cold potatoes into half-inch dice. Remove the seeds from a green pepper and chop it fine. Mix 4 tablespoons of vinegar with 2 tablespoons of ice water, $\frac{1}{4}$ teaspoon of powdered sugar, a dash of pepper and $\frac{1}{2}$ teaspoon of salt. Put a layer of potatoes in the salad dish, then a layer of the chopped pepper and sprinkle over it a tablespoon of oil. Put in another layer of potatoes and peppers, add another tablespoon of oil, then pour over all the vinegar. Set in the refrigerator for 15 minutes to marinate.



GRAND UNION CABBAGE

Select a small, heavy cabbage and roll back the outside leaves. Cut out the center, leaving the shell entire. With a sharp knife, slice the heart of the cabbage very thin and soak in ice water till crisp. Drain and dry between towels. Add 2 green peppers cut in fine strips and mix with a French dressing. Stir till well blended, pour over the cabbage and peppers, then refill the bowl or cabbage shell.

GRAPE FRUIT SALAD

Peel the fruit, separate the sections, remove the skin and take out the seeds. Blanch Malaga grapes by throwing into hot water for a minute. Cut in two and remove the seeds. Mix with the grape fruit and serve with mayonnaise. Garnish with lettuce and celery.



WALDORF SALAD

Two cups of celery chopped fine, grated rind of one orange, 1 cup of apples cut in dice. If fine red apples, take six and scoop out insides, making little cups for the salad. Mix the above with the following mayonnaise. One very cold egg yolk with 1 teaspoon of onion juice and yolk of one boiled egg, 1 cup of olive oil, 1 tablespoon of sugar, 1 tablespoon of vinegar, 1 tablespoon of lemon juice, $\frac{1}{2}$ teaspoon of mustard, a little salt and cayenne. Mix thoroughly by stirring oil, drop by drop to the egg and a few drops of vinegar, lemon, salt, pepper, etc., which have been thoroughly mixed together. Then fill the cups, serving on white lettuce leaves.

EGG AND LOBSTER SALAD

Cook 1 doz. eggs, remove shells, cut a small piece from the top and a slice from the bottom of each, the latter to make them stand. Remove yolks, fill the whites with lobster, celery and cucumber, all cut fine and mixed with mayonnaise dressing. Serve one of them to each person upon plates of lettuce garnished with the yolks highly seasoned and made into tiny balls. A French dressing should be poured over the lettuce. Serve with this, snow balls made of cream cheese and whipped cream mashed smooth and long strips of pulled bread, browned and hot. The eggs should be put in boiling water which should not boil when eggs are in. Leave them in this bath 35 minutes.

SPANISH SALAD

One cup of chicken meat cut in small pieces, cucumber cut in cubes, 1 cup English walnut meats broken in pieces, $\frac{1}{2}$ can French peas and 2 cups celery cut in strips, well mixed with silver fork. Add 1 cup simple salad dressing. Serve very cold on shredded lettuce, or individually in lettuce nests and garnish with Spanish peppers cut in points.

TOMATO AND MUSHROOM SALAD

Scoop out six tomatoes, leaving a shell, mix the pulp with an equal quantity of chopped olives and chopped mushrooms. Allow 2 tablespoons of French dressing to each tomato, refill tomato shells, garnish with mayonnaise dressing and serve on lettuce or watercress.





BLOOD ORANGE SALAD

Take the pulp from 8 blood oranges, add 1 cup strawberries, the pulp of 1 grape fruit, 1 banana delicately sliced and serve with the fruit syrup.

NEUFCHATEL SALAD



Mash 2 rolls of Neufchatel cheese, add 2 tablespoons of finely chopped olives, moisten with cream, season with salt and cayenne, form into small balls. Marinate with a French dressing. Serve on shredded lettuce and garnish with 4 red peppers cut in strips and arrange in 4 piles in star shape.

PINEAPPLE AND BANANA SALAD

Use house-canned pineapple which has been cooked in the jars or the variety which comes very slightly sweetened in large cans, holding entire slices of the fruit. Cut the pineapple into small dice and drain away the juice. To 1 cup of pineapple dice, add 1 cup of finely sliced banana and pour over a syrup flavored with Maraschino. Serve in lemon cups.

SUMMER SALAD

Select 6 fresh cucumbers all the same size. Pare, cut in halves lengthwise, scoop out the centers and lay in water till wanted. Dry and fill with a mixture of sweetbreads and peas, dressed with mayonnaise. Set on a green lettuce leaf on individual plates. Serve with dainty plain bread and butter sandwiches.

CHERRY SALAD

Stone $\frac{1}{2}$ lb. cherries and save all the juice. Take the whitest leaves of a nice head of lettuce and wash them thoroughly. Slice a small cucumber and chop fine 1 dozen blanched almonds. Mix all gently together, arrange on the lettuce leaves and pour over a dressing made of a gill of cherry juice, 2 tablespoons of lemon juice, a drop or 2 of almond extract and 4 tablespoons sugar. Serve very cold.

STRAWBERRY SALAD



Arrange large ripe strawberries in a glass salad bowl, dust with powdered sugar and a little nutmeg. Pour over a dressing made of 2 tablespoons of sugar, a gill of sherry, a tablespoon of maraschino, the juice of one lemon and 2 oranges; mix the fruit light with a fork and set on ice $\frac{1}{2}$ hour before serving.

MACEDOINE SALAD

Cut into neat cubes one cold beet, 1 cold carrot, 2 cold potatoes and 1 cup of cold string beans. Put each vegetable separately into a sauce dish and marinate with a French dressing for a $\frac{1}{2}$ hour, setting it in the refrigerator. Serve arranged in small spoonfuls or individual lettuce leaves with a light mask of mayonnaise on each one and whole string beans as a garnish.



SWEETBREAD

Soak one pair of sweetbreads in cold water for 20 minutes, then cook in boiling salted water 12 minutes. Cool and cut in slices, mix with 1 cup of celery cut in small pieces, cover with French dressing and chill for at least one-half hour. Serve in nests made of the crisp inner leaves of a head of lettuce and garnished with 1 cup of mayonnaise.

TOMATO JELLY

Cook 2 cups of tomatoes with 1 slice of onion, 1 teaspoon of salt and $\frac{1}{8}$ teaspoon of pepper 20 minutes; strain, add 2 tablespoons of granulated gelatine which has been soaked in $\frac{1}{4}$ cup of cold water and stir until gelatine is dissolved. Pour into a border mold which has been previously dipped in cold water.



POTATO SALAD

Cut cold boiled potatoes into even dice (about 6 potatoes). Mix with these the chopped whites of 3 hard-boiled eggs. Mix the yolks with a scant teaspoon of dry mustard and stir into a large cup of thick sour cream. Add a little paprika, pour the dressing over the potato and mix gently. This is very delicious. No salt, is needed if the potatoes are boiled with a pinch of salt in the water.

CELERY SALAD

Cut the tender stalks of celery into inch pieces to make 3 cups, marinate with a French dressing. Serve in a ring of tomato jelly and garnish with curled celery, shredded lettuce and mayonnaise dressing.



In order to make delicious pastry, cakes and desserts one needs not only a good recipe and the baker's knack but choice ingredients and above all the choicest flour obtainable. On the other hand a choice flour is a great help to the unexperienced cook. That is why *Regal* Flour is the favorite of both young and older housewives who will use no other brand after having once used "*REGAL*". You will find it on sale at all grocers in different sized bags.



Sauces for Meat and Fish

CUCUMBER CREAM SAUCE

Chop one cucumber fine, season with $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of chopped parsley and onion, 1 tablespoon of plain or tarragon vinegar or lemon juice. Mix thoroughly and let drain in a colander one-half hour. When ready to serve, add $\frac{3}{4}$ cup of cream beaten very stiff.

BECHAMEL SAUCE

Cook $1\frac{1}{2}$ cup of white stock 20 minutes with 1 slice onion, 1 slice of carrot, a bit of bay leaf, a sprig of parsley and six peppercorns, then strain. It should be cooked down to about 1 cup of liquor. Melt 4 tablespoons of butter, 4 tablespoons of *Regal* flour and pour over it the hot sauce with 1 cup of scalded milk. Season with salt and pepper.

SAUCE TARTARE

Stir into a cup of mayonnaise, 2 small sweet pickled cucumbers, 3 olives and a handful of watercress chopped fine; a few capers and a little onion juice. If you live in that happy valley where you can get a fresh shad, by all means use it. Broil it, garnish with quarters of lemon and with the roe parboiled and broiled brown, rub with butter frequently while on the fire.

SHRIMP SAUCE

Pound 1 cup of shrimps, skins and all, in a mortar. Boil afterward for 10 minutes in a cup of water. Press the liquor through a puree strainer. Mix 1 tablespoon of butter and 1 tablespoon of *Regal* flour to a paste, pour over it the shrimp liquor. Season with salt, paprika and 1 teaspoon of anchovy paste. Just before serving, and it must be served very hot, add $\frac{1}{2}$ dozen shrimps cut in inch pieces. This is one of the most delicious sauces that can accompany any fish.



BROWN SAUCE

Heat 1 cup of stock, blend together 1 tablespoon each of butter and *Regal* flour, add to the hot stock with 2 cloves, 1 bay leaf, 1 teaspoon each of chopped onion and parsley. Cook for a few minutes. Strain and serve hot with caneloni of beef or rolled beef.

DRAWN BUTTER EGG SAUCE

Cook together until well mixed, a tablespoon each of butter and *Regal* flour. Add a cup of the water in which the fish boiled. Simmer 5 minutes, season highly with salt and mildly with pepper and serve in a tureen in which have been placed half a dozen slices of hard-boiled egg.



WHITE MUSHROOM SAUCE

Melt 4 tablespoons of butter, add 1 slice each of carrot and onion, a bit of bay leaf, a sprig of parsley, 6 peppercorns, 4 tablespoons of *Regal* flour and slowly add 2 cups of white stock. Cook 5 minutes, remove seasoning and add $\frac{1}{2}$ can of mushrooms cut in pieces and $\frac{1}{2}$ teaspoon of lemon juice.

HOLLANDAISE SAUCE

Cream half a cup of butter and add the yolks of 2 eggs, one at a time, beating it thoroughly, then $\frac{1}{3}$ of a cup of boiling water. Cook over a double boiler till it thickens to the consistency of custard. The seasoning which consists of $\frac{1}{4}$ teaspoon of salt, a dash of cayenne and 1 tablespoon of lemon juice is added just before the boiler is lifted from the fire.



TOMATO SAUCE

Stew 1 dozen tomatoes in a pint of soup stock with 1 onion, a bunch of parsley, salt and pepper. Boil soft and rub through a fine sieve. Thicken with butter rolled in *Regal* flour.

CAPER SAUCE

Make a rich drawn butter sauce, to this add 2 tablespoons of capers, a little mustard, salt and pepper to taste.

MINT SAUCE

Mix 1 tablespoon white sugar with a teaspoon of vinegar, add finely chopped mint and let it infuse half an hour in a cool place. Serve with roast lamb.

HORSE RADISH HOLLANDAISE SAUCE

To Hollandaise Sauce, add 3 tablespoons grated horseradish root and 2 tablespoons heavy cream.

PRINCESS SAUCE

Three tablespoons butter, 2 tablespoons *Regal* flour, $\frac{1}{2}$ teaspoon salt, few grains of pepper, 1 cup milk, $\frac{1}{2}$ tablespoon lemon juice, 1 teaspoon beef extract. Melt butter, add flour mixed with salt and pepper; when smooth, add the milk and stir until it boils. Add lemon juice and extract and 1 tablespoon butter, bit by bit. Serve with vegetables.

CUMBERLAND SAUCE FOR DUCK

Juice of 1 orange, of 1 lemon, grated rind of 1 lemon, of 1 orange, 1 cup powdered sugar, 1 tablespoon grated horseradish, 2 tablespoons currant jelly. Mix ingredients, beat thoroughly, heat and serve.

MOUSSELINE SAUCE

Two eggs, $\frac{1}{4}$ cup cream, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon nutmeg, juice of $\frac{1}{2}$ lemon, 2 tablespoons butter. Mix all the ingredients except the butter, in a double boiler and cook over hot water, stirring constantly until mixture thickens. Add butter bit by bit, beating it well and when butter is melted, use at once. Serve with asparagus.



PARSLEY SAUCE (For Fowl, Fish or Veal)

Boil crisp, freshly-washed parsley in salt water for 6 or 7 minutes. Drain, cut leaves from stems, chop fine and stir into melted butter in the proportion of 2 tablespoons of leaves to $\frac{1}{2}$ pint of butter. Serve hot.



Soups

SOUP STOCK

Take 3 or 4 lbs. shank beef, cut into pieces, add any bones or bits of meat you have and cover the whole with cold water. Let stand for 1 or 2 hours, then place on the stove, boil it several hours, then strain and set away to cook. When cool, the fat can easily be removed; do not leave any fat in it. Several different soups can be made by boiling different vegetables, rice and macaroni in water and adding some of the stock, seasoning to taste. When using an onion, it is nicer grated than in pieces.

BEAN SOUP

One pint beans, 2 quarts water, 1 tablespoon butter, salt and pepper to taste. Soak the beans over night in 3 quarts of cold water, next morning drain and add 2 quarts of water. Cook the beans slowly for 2 hours, stirring frequently and when they are soft, pulp them through a fine wire sieve leaving only the skins in the sieve. Return to the kettle, add the seasoning, cook ten minutes longer and serve with croutons.

TOMATO SOUP

One pint of tomatoes, pinch of soda, pepper and salt, 1 teaspoon cornstarch mixed smooth in a little water, 1 tablespoon butter. Put these in a saucepan. When just at boiling point, add 1 pint of milk that has been heating in another vessel. Strain the soup before using.

BARLEY SOUP

Two lbs. of shank beef, $\frac{1}{4}$ lb. barley, 1 large bunch parsley, 4 onions, 6 potatoes, salt and pepper to taste, 4 quarts water. Boil gently for 3 hours.

PEA SOUP



One quarter lb. onions, $\frac{1}{4}$ lb. carrots, 2 ounces celery, $\frac{3}{4}$ lb. split peas, a little mint, 1 tablespoon brown sugar, salt and pepper to taste, 4 quarts of water. Cut the vegetables in small pieces and fry for 10 minutes in a little butter, pour the water on them and when boiling, add peas and let simmer for 3 hours. Serve with croutons.

CREAM POTATO SOUP

Boil 4 medium sized potatoes, when done, mash through a sieve, add butter size of an egg, pepper and salt, beat until light and creamy. Then add 1 quart of hot milk, place over fire and beat constantly until it comes to boiling point; then add one egg, yolk and white, beating separately. Serve. Do not boil it after egg has been added or it will curl.



VEAL SOUP

Put a knuckle of veal into 3 quarts of cold water with a little salt, and $\frac{1}{2}$ cup of uncooked rice. Boil slowly for 4 hours. Remove from fire. Into the tureen, put the yolk of 1 egg and stir into it 1 cup of sweet milk, add a piece of butter the size of an egg. On this strain the boiling soup stirring all the time. Then heat well for 1 minute.

CONSOMME

Put 2 lbs. of perfectly lean round steak in a hot frying pan and let it cook quickly to a deep brown on both sides. Then chop fine, cover with 2 quarts of cold strong, highly flavored stock, add the half beaten whites and crushed shells of 2 eggs, beat well and proceed as in clearing soup. When strained, it is ready for reheating and serving.



QUICKLY MADE BEEF TEA

Pour $\frac{3}{4}$ of a cup of cold water over $\frac{1}{2}$ lb. of raw hamburger steak. Allow it to stand 10 minutes in a cool place, then set on the stove and let it cook slowly for 10 minutes. Add a little salt, just before taking from the fire and strain.

CHICKEN BROTH

Use the legs of a chicken for this dish. Break the joints and cut up the meat into small strips. Pour over it 4 cups of water, add 1 tablespoon of rice and $\frac{1}{2}$ teaspoon of salt, then allow it to simmer very slowly for an hour and a half, strain out the rice and meat and cool. Skim off the fat and reheat as much of the broth as is required. In hot weather, the rice may sour the broth, so make without and keep the soup in a tightly corked jar in the refrigerator.

CLAM CHOWDER

Two dozen clams, $\frac{3}{4}$ lb. of lean pork, 3 onions of medium size, 1 pint of tomatoes, celery to flavor, potatoes to thicken (about one quart), one pint of milk. Chop pork and brown in an iron kettle very brown. Then put in the water and other ingredients except milk. Cook one hour, then put in the milk just before removing from the fire.

CREAM OF LIMA BEAN SOUP

Soak 1 cup of dried beans over night, in the morning, drain and add three pints of cold water. Cook till soft and rub through a sieve. Cut 2 slices of onion and 4 slices of carrot in cubes and cook 5 minutes in 2 tablespoons of butter. Remove the vegetables, add 2 tablespoons of *Regal* flour, 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of pepper, stir into the boiling soup. Just before straining into the tureen, add 1 cup of cream.



OYSTER SOUP

Pour a quart of cold water over a pint of oysters. Drain through a colander. Put the water drained from the oysters into a saucepan. Simmer gently 3 minutes.



Remove the scum. Add to the broth in the saucepan 1 tablespoon each of butter and *Regal* flour stirred to a paste. Cook 3 minutes or until smooth, stirring meanwhile. Then add $\frac{1}{2}$ a cup of unsweetened cream (or rich milk) and season to taste with salt and pepper. When the soup boils, add the drained oysters and as soon as it again boils and the edges of the oysters curl and separate, remove from the fire and serve.



CAULIFLOWER CREAM SOUP

Cook 1 pint of finely chopped cauliflower in a double boiler with 1 quart of milk until perfectly tender. Then press through a coarse sieve and return to the fire, season to taste, add 1 tablespoon butter, and 1 dessertspoon of cornstarch stirred smoothly in a little cold milk. Cook and stir until perfectly smooth and serve at once with small squares of buttered brown bread.

SOUP BALLS

Chop the white meat of a chicken quite fine and season highly with salt, pepper onion juice and a little thyme or curry. Add enough yolk of egg to bind together. Roll into very small balls, shake in a plate of *Regal* flour till covered and poach in boiling water.

ASPARAGUS SOUP

One bundle of asparagus, 1 pint water, 1 pint milk or thin cream, $\frac{1}{2}$ onion, 1 tablespoon each of butter and *Regal* flour, salt and pepper to taste. Cut the heads from the asparagus and cook for 20 minutes in boiling water. Cook the stalks and onion in 1 pint of boiling water for 20 minutes. Rub this through a sieve. Blend butter and flour, add 1 pint boiling milk, pepper and salt to taste. Mix with the cooked asparagus and boil for 5 minutes. Strain again, add the asparagus heads and serve very hot.

RED BISQUE WITH SNOWBALLS

Chop fine 1 pint each of oysters and clams, add to these and their liquor enough hot water to make 2 quarts. Add the mashed coral from 1 lobster, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of paprika, a bit of mace, an onion and 1 tablespoon of Worcestershire sauce. Cook 3 minutes, pour into a sauce made of 3 tablespoons of butter, 2 of *Regal* flour, $1\frac{1}{2}$ cup of hot milk, and 1 cup of tomato pulp. When boiling, strain and serve putting a snowball in each plate on its way to the table.



SNOWBALLS

Beat white of an egg, add 1 cup of whipped cream, season with salt and a few drops of lemon juice, take up with 2 dessert spoons forming a ball. The coral and tomatoes will color the soup and the remainder of the lobster may be used in the salad course.



A HEAVY VEGETABLE SOUP

Put some lean meat 2 or 3 times through a patent chopper (so that it may be reduced to a paste) add cold water and chopped vegetables, cook long and slowly and serve without straining.

VEGETABLE PUREES

Cook the vegetables to a mush, rub through a soup strainer and add the stock as in dry bean and pea purées.

CREAM PUREES

Proceed exactly as in the vegetable purée using milk or mixed milk and cream instead of stock. The thickening in cream soup should be made of butter and *Regal* flour rubbed to a paste.



SALMON BISQUE

Drain the oil from $\frac{1}{3}$ can of salmon, remove the bones and skin and rub through a sieve. Add gradually 1 quart of scalded milk, $1\frac{1}{2}$ teaspoon salt, a dust of pepper, 2 tablespoons of *Regal* flour and 2 tablespoons butter rubbed into a paste to bind the soup. Crab meat or lobster can be made into bisque in the same way.

DU BARRY SOUP

Boil 1 cup of rice in 2 quarts of clear chicken bouillon, rub through and add a cup of cold cauliflower pressed through a potato ricer. Season with white pepper, and salt, add a pint of cream and bring again to a boil. Serve in bouillon cups, garnish with small flowerets of cauliflower.

FISH CHOWDER

Cut 3 lbs. of any kind of fresh fish, $1\frac{1}{2}$ lb. potatoes and 1 large onion into slices; and $\frac{1}{2}$ lb. of salt pork into $\frac{1}{2}$ inch squares or dice. Put the pork and onions into a saucepan and fry them a light brown, then add a cup of claret and when it boils, take it from the fire. Butter a large stewpan and put in first a layer of potatoes, then a layer of fish, then a sprinkle of onions and pork (strained from the claret), pepper and salt, and continue these alternations until it is all in, having the potatoes on top. Now pour the claret over the top and barely cover the whole with boiling water. Cover closely and let it simmer for 15 minutes without disturbing it.

CORN SOUP

Stew 2 chickens or if preferred a knuckle of veal. Grate 12 ears of uncooked corn. When the meat is tender, lift it out of the broth and to the latter add the grated corn and a teaspoon of tapioca farina. Cook for half an hour, then add pepper, salt, a little chopped parsley and a hard boiled egg chopped fine. Make a thickening of 3 tablespoons of *Regal* flour and add 5 minutes before serving the soup.



TAPIOCA CREAM SOUP

One quart of white stock, 1 pint of cream or milk, 1 onion, 2 stalks of celery, $\frac{1}{3}$ cup of tapioca, 2 cups of cold water, 1 tablespoon of butter, small piece of mace, salt, pepper. Wash the tapioca and soak. Cook it and the stock together, very



gently, for 1 hour. Cut the onion and celery into small pieces and put on to cook for 20 minutes with the milk and mace. Strain on the tapioca and stock. Season, add butter and serve.

NOODLES



Beat 1 egg slightly, add half a teaspoon of salt, then work in as much *Regal* flour as the wetting will take up. Knead it well, toss on a floured board and roll out as thin as a sheet of paper. Cover with a towel and set aside for 20 minutes. Cut in fancy shapes with French vegetable cutters. There may be diamonds, hearts, cloves, leaves or circles. The sheet may be shredded finely with a sharp vegetable knife or rolled like a jelly roll and cut into the finest shavings. Set aside to dry and use when required, cooking the noodles for 20 minutes before they are needed in boiling water (salted). Drain and add to the soup just before sending to the table. Noodles may also be cooked in stock, seasoned and served as a side dish.

RICE AND CELERY SOUP

Boil 1 cup of rice and 2 heads of celery in 2 quarts of water until soft. Rub through a strainer, add 1 cup each of milk and cream, season to taste and serve with crackers.

CARROT SOUP

Put through the meat chopper 1 pint of carrots and a green sweet pepper, then simmer in 3 pints of water until soft, rub through a sieve, add 1 pint of milk, 1 tablespoon of *Regal* flour rubbed smooth with 1 of butter, or more, according to the thickness desired, season to taste with salt, pepper and nutmeg and a $\frac{1}{2}$ cup of cream.

CROUTONS AND BREAD STICKS

Cut stale bread into cubes and let stand until dry in a moderate oven. Then fry in hot lard. Bread sticks are made by cutting the bread in strips instead of cubes.



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Vegetables

SPINACH WITH LEMON

Wash one peck spinach thoroughly and steam over hot water until tender. Chop fine, season with salt and paprika. Of 3 hard cooked eggs, reserve some for garnish, and put remainder through potato ricer. Add to spinach and reheat with 3 tablespoons butter, add two tablespoons lemon juice. Garnish with roses cut from hard cooked white of egg, and serve with horseradish Hollandaise sauce. Serve with lamb chops or cutlets.

ARLINGTON ASPARAGUS

Cut rings $\frac{1}{2}$ inch wide from a lemon and remove the pulp. Cut crusts from oblong pieces of toast and moisten with water in which asparagus has been cooked. Put stalks of boiled asparagus through lemon peel rings and arrange on toast. Brush rings with melted butter and serve very hot with Hollandaise sauce or melted butter poured over the asparagus.

OYSTER PLANT WITH FINE HERBS

One bunch oyster plant, juice one lemon, 3 tablespoons butter, 1 teaspoon chopped parsley, $\frac{1}{2}$ teaspoon chopped chives, salt, pepper. Wash and scrape oyster plant. Put at once into cold water with lemon juice, and let stand 10 minutes. Cut crosswise in 1 inch slices and cook in boiling salted water to cover until soft. Drain. Add 3 tablespoons butter and reheat. Sprinkle with parsley, chives, salt and pepper and serve.

ARTICHOKES, ITALIAN STYLE

Two French artichokes, 1 lemon, parsley, 1 teaspoon sweet herbs, $\frac{3}{4}$ cup brownstock, $\frac{1}{2}$ cup tomatoes, $\frac{1}{2}$ cup mushroom liquor. Cut artichokes in quarters and remove the choke. Rub over with lemon; parboil 15 minutes in water with $\frac{1}{2}$ teaspoon salt and 1 tablespoon lemon juice and drain. Place in casserole with sweet herbs, brown stock and 2 teaspoons lemon juice. Cover and cook in oven until tender. Remove, strain liquor in pan, add to it tomatoes, stewed and strained, mushroom liquor and $\frac{1}{2}$ tablespoon chopped parsley. Cook 10 minutes, season to taste and pour over artichokes.



CARROTS AND TURNIPS PRINCESS

One cup of carrot strips, 1 cup turnip cubes, 1 cup Princess sauce, chopped parsley. Wash and scrape carrots and cut in 2 inch strips, wash and pare white



turnips and cut in half-inch cubes. Steam until tender; moisten with Princess sauce, and sprinkle with chopped parsley.

CAULIFLOWER MOUSSELINE

Remove leaves, cut off stalk and soak cauliflower 30 minutes head down in cold water, to cover. Cook head up 20 minutes, or until soft, in boiling water, to which is added 1 tablespoon each of salt and lemon juice. Drain, separate into flowerets and over it, pour Mousseline sauce.



PRINCESS POTATOES

Wash and pare large potatoes and shape with an apple corer; then cut the cylinders, this made into half-inch lengths, crosswise. Soak in cold water; drain; cook in boiling salted water 2 minutes; then let stand 10 minutes in ice cold water. Drain; dry with towels and fry in deep fat until soft, but not brown. When all potato is fried, put it back into frying basket and plunge it altogether in very hot fat and fry until crisp and brown. Drain on brown paper, put in serving dish and cover with Princess sauce.

SAUTE TOMATOES

Wipe and remove slices from top and bottom of tomatoes. Cut in halves crosswise, sprinkle with salt, pepper and *Regal* flour and sauté in butter. Remove to circular pieces of sauté bread and on each, put a tablespoon of horseradish Hollandaise sauce.

POTATO CROQUETTES

Mix together 1 pint of hot mashed potato, 1 teaspoon salt, dash of pepper, 2 drops onion juice, 1 tablespoon butter, yolks of 2 beaten eggs. Stir over fire till mixture leaves sides of saucepan. When cool, shape into croquettes, dip each in beaten eggs, roll in crumbs and fry brown in deep kettle of smoking hot fat.

BOILED CABBAGE

Strip off outer leaves, cut out stalk cut in quarters. Soak in salt and water one hour. Have kettle of boiling water. Add $\frac{1}{2}$ teaspoon baking soda and cabbage. Cover and let boil for about one hour. Press out all water, season well, serve in hot dish with melted butter.



PARSNIPS

Peel and cut parsnips into small pieces. Let boil for 20 minutes in a little water. Remove from fire and drain. Add pepper and salt and butter. Serve hot.

BEETS

Clean these nicely but do not pare them leaving on a short piece of the stalk. Then put over to boil in hot water. Young beets will cook tender in one hour, old beets require several hours' boiling. When done, skin quickly while hot, slice them into your vegetable dish, put on salt, pepper, a little butter. Serve hot.



FRIED ONIONS

Cut them in thin slices and season them. Have a piece of fat bacon frying to get the juice, take it out and put the onions in and stir until a nice brown.

STUFFED TOMATOES

Cut the tops off tomatoes, take out the flesh and seed and stuff the shells with the following: one onion chopped fine and fried a light brown, parsley, the flesh of the tomatoes, and some bread crumbs, which have been soaked in cold water. Put the top on the tomatoes, then cook in a hot oven for ten minutes. Serve hot.



CAULIFLOWER AND TOMATO SAUCE

Boil a fresh cauliflower and drain it carefully. Sprinkle with white pepper and place it on a dish. Pour over it one cup of tomato sauce, sprinkle with fried bread crumbs, a little lemon juice, a dash of pepper, a small bit of butter and three-fourths of a lb. of grated cheese. Place in the oven until very hot and serve.

ASPARAGUS WITH CREAM SAUCE

After washing and cutting the asparagus into 2 inches in length, throw it into salted water and boil until tender. Drain off a little of the water, add a lump of butter, salt and pepper, and $\frac{1}{2}$ cup of sweet milk, thicken with a little cornstarch made smooth with some water or milk. Have ready some slices of buttered toast, put the asparagus on the toast and pour the sauce over it.

SCALLOPED POTATOES

Pare six medium sized potatoes. Slice thin in cold water. Drain and put in pudding dish, season with pepper and salt. Pour over it $\frac{3}{4}$ of a pint of milk and a piece of butter the size of an egg. Bake in the oven until well done.

CREAMED PARSNIPS

Chop cold boiled parsnips, put them on the stove with 2 tablespoons of butter and pepper and salt to taste. Shake until they boil, take up the parsnips and add to the butter a little *Regal* flour and 3 tablespoons milk. Let it boil once and pour over parsnips. Creamed carrots are prepared the same way.

FRIED TOMATOES

Wash and dry large ripe tomatoes and cut them in slices half an inch thick, season with pepper and salt and fry in half butter and half lard.



BAKED BEANS

Put to soak at night 1 quart of dried beans. In the morning, drain and cover them with boiling water. Boil until skins crack and then drain. Into a baking earthenware dish, put a layer of beans and about $\frac{1}{4}$ lb. of salt pork with 2 tablespoons of molasses. Then a layer of beans and tomatoes alternately until the dish



is full. Pour over the beans about half of the juice of a can of tomatoes seasoned with salt and pepper. Cover closely and bake in a steady oven all day. The longer they are baked, the nicer they will be. The last hour they are in the oven, take the cover off and let them brown.

LYONNAISE POTATOES



A lump of butter, a small onion, cold boiled potatoes and a little parsley. Into a saucepan, put the butter and onion (finely chopped). When the onion is fried to a light brown, put in slices of cold boiled potatoes. Stir until they are thoroughly browned. Then add one spoon of finely chopped parsley.

POTATO PUFF

Two cups of mashed potatoes, 2 tablespoons of melted butter beaten to a cream. Add 2 well beaten eggs and 1 cup of cream. Pour into a deep dish and bake in a quick oven.

STUFFED ONIONS

Boil 4 onions until tender and drain. When cold, remove the centers. Chop 3 of the centers and mix with one cup of chopped ham and season to taste. Moisten with cream and the beaten yolk of an egg. Fill the centers with this mixture and place a piece of butter on top. Set in a deep dish. Pour a little milk about them and bake (covered) for 20 minutes. Uncover, sprinkle with buttered crumbs and bake 10 minutes longer.

FRIED CELERY

Three small heads of celery, four ounces of bread crumbs, 2 eggs, fat for frying. Wash the celery and simmer until tender in a pan of salted boiling water. Drain. Brush over with beaten egg and roll in fine bread crumbs. Season with salt and pepper and fry in smoking fat. When a light brown color, remove and drain. Sprinkle with chopped parsley.

POTATOES IN THE HALF-SHELL



Bake 6 medium sized potatoes, when they are soft, cut a slice from the top of each and scoop out the potato. Mash it, add 2 tablespoons of butter, salt, pepper, 2 tablespoons of hot milk and the whites of 2 eggs beaten stiff. Put this mixture back into the skin, sprinkle with grated cheese and bake for 5 minutes in a very hot oven.

BAKED STUFFED PEPPERS

Cut green peppers in two lengthwise. Remove the seeds and let the peppers soak in cold water for $\frac{1}{2}$ hour. Dry them and fill with a stuffing made of bread crumbs, chopped meat and seasoning: pepper, salt, sage and onion juice to taste. Place them in a pan and bake until brown on top. Add a little soup stock or melted butter and hot water before placing in the oven. Serve hot with fish or meat.



BOILED ONIONS

Pour boiling water over the onions and remove the skins. Cook them for 5 minutes in boiling salted water, then change the water and change again in 10 minutes to remove the strong taste. Boil until tender, about $\frac{1}{2}$ hour, then drain off the water, season with salt, butter and pepper and add one cup or more of cream sauce. Cook for 10 minutes and serve in a deep covered vegetable dish.

BROWNE SWEET POTATOES

Boil the potatoes until they can be pierced with a fork, but not until tender. Remove the skins, dust lightly with sugar, roll in melted butter and brown in the oven.



CORN OYSTERS

Scrape sweet corn from the cob or grate it. Take 1 coffeecup of corn and 2 eggs. Make a batter of a little milk and *Regal* flour, seasoning with salt. Make the batter sufficiently thick to take out with a spoon and fry in butter. This recipe is enough for 5 persons.

MASHED TURNIPS

Select the large yellow turnips as they are the sweetest. Wash, pare and cut them into pieces. Boil them in salted boiling water until tender. Drain, mash, season with butter, pepper and salt, and heap lightly in a vegetable dish.

SCALLOPED CAULIFLOWER

Break the cauliflower into small sprigs and cook in boiling water until tender. Place the pieces in a buttered pudding dish and pour over them a sauce made as follows. Mix well together $\frac{1}{2}$ pint of bread crumbs, 1 pint of sweet milk, 1 beaten egg, 2 teaspoons of salt and a little pepper. Bake until slightly browned. One cup of veal or chicken (diced) added to the sauce makes a great improvement. When this is used, an extra cup of milk is allowed and more seasoning.

FRICASSEE OF PARSNIPS

Scrape the parsnips and boil them in milk until tender. Take out and add a piece of butter the size of a walnut, also salt and pepper to the milk they are boiled in; thicken with a very little cornstarch or *Regal* flour. Put the parsnips back in the dressing and let them simmer about 40 minutes.



ASPARAGUS TIPS IN CROUSTADES

The croustades can be prepared in advance and heated in a quick oven when wanted. Trim slices of bread 2 inches thick, free from crusts. Cut into squares 3 or 4 inches in size. With a pointed knife, take from the center as much crumb as possible, leaving a small square box. Fry a golden brown in a kettle of hot fat; drain. Fill the centers with asparagus tips in any good sauce, or a well made cream sauce.



YELLOW BECHAMEL SAUCE

Mix 2 tablespoons of *Regal* flour and 2 of butter, cook until it begins to bubble, add gradually half a cup of hot stock and $\frac{1}{2}$ a cup of milk. When the sauce boils set into a dish of hot water and stir in the beaten yolks of 2 eggs, $\frac{1}{2}$ a cup of cooked asparagus tips, a teaspoon of salt, a dash of cayenne and a tablespoon of lemon juice. In place of stock, the water in which the asparagus were cooked may be used.



TOMATOES WITH SPAGHETTI STUFFING

Scoop the inside from 8 tomatoes. To $\frac{1}{2}$ cup of cooked spaghetti add the tomato pulp, 1 tablespoon of butter, pepper, salt and a few drops of onion juice. Fill each tomato, cover with buttered crumbs and bake till brown.

CAULIFLOWER AU GRATIN

Boil the cauliflower. Melt a tablespoon of butter in a saucepan and stir smoothly in one tablespoon of *Regal* flour, thin with a pint of milk, stir until boiling, add 4 tablespoons of grated cheese, a dash of cayenne and salt to taste. Pour this over the cauliflower and serve hot.

SCALLOPED TOMATOES

Scald and peel $\frac{1}{2}$ dozen tomatoes, set them in a buttered baking dish, sprinkle with pepper, salt and a dust of powdered sugar. Cover with buttered dry crumbs and bake till brown.

COLD SLAW

Chop with one small head of cabbage 2 hard-boiled eggs. Take $\frac{1}{2}$ cup of sour cream, 1 tablespoon of sugar, a little salt and pepper and a teaspoon of celery seed; beat all together, then add 1 teacup vinegar and pour over the cabbage. If this is put in a tight vessel, it will keep several days.



SAVORY CARROTS

Scrape, then cut new carrots into straws. Cook tender in salted water and drain dry. Season with salt, pepper and a little onion juice and return to the kettle with a generous piece of butter and shake until hot and glazed. Pile on a dish in pyramid form, add a cup of fresh green peas well seasoned, and a sprinkling of chopped parsley.

TURNIP RAGOUT

Melt 3 tablespoons of butter; when hot, add 1 quart of finely sliced raw turnips with 1 tablespoon of finely chopped onion. Cook slowly till tender. Add 1 teaspoon of sugar, 1 teaspoon of salt and 2 tablespoons of *Regal* flour. Cook 2 minutes, then add 1 cup of milk.



PEAS IN TURNIP CUPS

Steam small white turnips, hollow out the centers, cut the edges in points. Fill with peas which have been heated in a sauce made of 2 tablespoons of *Regal* flour, 1 cup of milk and $\frac{1}{4}$ teaspoon of salt.

CORN TIMBALES

Score six ears of sweet corn and press out the pulp. To 1 cup add 1 tablespoon of butter melted, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of paprika, the beaten yolks of 3 eggs, then the stiffly beaten whites and 1 tablespoon of *Regal* flour. Butter corn timbale molds, then fill with the mixture $\frac{2}{3}$ full; set in a pan of water and place in a hot oven; bake until firm; unmold unto a hot plate.



EGG PLANT FRIED

Cut it crosswise in slices $\frac{1}{2}$ inch thick. Put in salt water for 15 minutes; strain and fry in butter or dip the slices in beaten egg and roll in bread crumbs to fry.

PUMPKIN OR VEGETABLE MARROW

Pare and cut in pieces. Boil them in salted boiling water until tender. Drain, mash thoroughly and season with pepper, salt and a generous piece of butter.



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Candies

LEMON TAFFY

Two cups of white sugar, $1\frac{1}{2}$ cup of water, 3 tablespoons vinegar, $\frac{1}{2}$ teaspoon cream of tartar. When about done, add a tablespoon of lemon flavor and $\frac{1}{4}$ tea spoon of tartaric acid. Pour taffy on buttered plate.

TURKISH DELIGHT

Two ounces sheet gelatine, $1\frac{1}{2}$ cup cold water, 1 cup sugar, grated rind of 1 orange, grated of one lemon, juice of 1 orange and 1 lemon, 1 cup nut meats. Soak gelatine in $\frac{1}{2}$ cup cold water, 2 hours. Dissolve sugar in remaining water, bring to boiling point, add soaked gelatine and boil 20 minutes stirring until gelatine dissolves and occasionally afterwards. Add juice and rind of orange and lemon, strain, add chopped nut meats, pour into buttered pan and when cool, cut in squares. Roll each piece in confectioners' sugar. If the knife sticks when cutting the paste, dip the knife into hot water.

ORANGE BALLS

Soak orange peels 3 days in cold water changing the water daily; then put in hot water and boil until soft. Drain, wipe dry with cheesecloth, chop fine and measure. Take an equal amount of sugar and for each $\frac{1}{2}$ of a cup of sugar, add 2 tablespoons each of water and butter and boil until it will spin a thread. Then add the chopped peel, boil about 5 minutes, cool, put on a board, sprinkle with granulated sugar and shape into small balls. These may be rolled in coarse sugar and allowed to dry or they may be dipped in fondant flavored with vanilla. They are delicious dipped in chocolate with a few grains of orange sugar sprinkled on the top of each chocolate before it hardens.

ORANGE FUDGE

One and one-half cup sugar, $\frac{1}{2}$ cup milk, 2 tablespoons butter, 1 tablespoon orange juice, grated rind of $\frac{1}{2}$ orange, $\frac{1}{4}$ cup candied orange peel. Place sugar and milk in saucepan, boil five minutes; add butter, orange juice and rind and boil until stiff enough to form a soft ball when tried in cold water. Remove from fire, cool, beat until creamy, add candied orange peel, cut in small pieces. Pour into a buttered pan and when almost firm, mark in squares.



CANDIED ORANGE PEEL

Put peel from 8 oranges in cold water, heat to boiling point and cook gently until very tender. Drain; put in cold water and when cold, remove membrane and soft portion. Boil 1 cup sugar and $\frac{1}{2}$ cup water until syrup spins a thread; put in peel and cook gently until syrup is evaporated and peel looks clear. Drain on wire cake cooler and leave in open air until roughly dry. Store and use as required in cakes



and puddings. Candied lemon peel may be prepared the same way.

ORANGE LOAF SUGAR

Loaf sugar, oranges. Rub the entire surface of blocks of sugar over the rind of oranges that have been washed and wiped dry. Store in a glass jar, and use as required or roll the blocks of orange sugar, force through a coarse strainer and use like plain sugar.



PEANUT CRISPS

Two cups white sugar, 1 cup peanuts. Put sugar in pan over hot fire and stir until melted. Pour the liquid over peanuts which have been placed in a buttered dish.

MOLASSES CANDY

One cup molasses, 3 cups sugar, $\frac{1}{2}$ cup water, 1 teaspoon cream tartar. Mix sugar and cream tartar together, add molasses and water and stir until sugar is dissolved, then boil without stirring until it hardens in cold water. Turn into buttered pan; when cool, work and cut in sticks.

MAPLE CREAM

One lb. maple sugar, $\frac{1}{8}$ teaspoon cream tartar, $\frac{1}{2}$ cup milk. Boil all together until when dropped in very cold water, it will form a soft ball, then beat until creamy.

MAPLE CREAM NO. 1

Two lbs. Maple sugar, $\frac{1}{2}$ lb. almonds (bleached and cut in pieces, butter nuts if possible), $\frac{1}{2}$ pint cream. Boil sugar and cream together until it forms a firm ball when dropped in a little cold water. Add nuts, beat until cold or firm enough to spread on buttered tins.

FONDANT

Two cups sugar, $\frac{1}{2}$ cup water, flavoring. Stir until sugar is dissolved, then remove the spoon and boil steadily without disturbing until the soft ball stage is reached. Take from the fire and cool at once. Add flavor and beat with a spoon or knife until the mass turns creamy and becomes firm enough to mould.

WALNUT CREAMS

One egg white, powdered sugar, walnuts, flavoring. Mix egg with sugar to make it stiff so as to roll in little balls, then on each side place one-half a walnut.



CHOCOLATE CARAMELS

Three cups white sugar, 1 cup milk or cream, $\frac{1}{2}$ cup butter, 4 ounces unsweetened chocolate. Mix altogether and let boil without stirring until it will turn brittle when dropped into cold water, then turn on buttered pan and when it begins to harden, mark off as it will break into squares.



COCONUT DELIGHT

One cup coconut, 1 cup cream, 3 cups sugar, 2 tablespoons butter, $\frac{1}{2}$ teaspoon almond extract, 1 teaspoon vanilla flavor. Boil sugar, cream and butter 8 minutes, stirring constantly; add coconut and extracts. Allow to become cold, then beat till creamy. Pour into buttered tins and cut in squares.



BUTTER SCOTCH

One cup molasses, 1 cup sugar, $\frac{1}{2}$ cup butter. Boil till it threads. Flavor with vanilla and pour on buttered pan.

FUDGE

Two cups fruit sugar, $\frac{1}{4}$ cake unsweetened chocolate, small pinch of salt, butter size of walnut. Mix together, then moisten with milk. Add a pinch of cream of tartar to make it light and foamy. Let boil until the soft ball stage. Then remove from fire and beat. More chocolate may be used if wanted.

PERSIAN SWEETS

One cup chopped raisins, $\frac{3}{4}$ cup chopped walnut meats, $\frac{1}{4}$ cup chopped dates, powdered sugar. Mix raisins, dates and nuts, knead on board dredged with powdered sugar. Roll to $\frac{1}{2}$ inch thickness and cut in squares. Roll in powdered sugar and wrap each piece in paraffin paper. This is excellent candy for sending long distances. If packed in a tin box, it will keep indefinitely.

CREAM MINTS

Melt fondant over hot water, flavor with a few drops of oil of peppermint or wintergreen and color if desired. Drop from tip of spoon on oiled paper.

CREAM NUT BARS

Melt fondant and flavor, stir in any kind of nut meat, cut in pieces. Turn in an oiled pan, cool, and cut in bars with a sharp knife.



SUGARED POPPED CORN

Two quarts popped corn, 2 tablespoons butter, 2 cups brown sugar, $\frac{1}{2}$ cup water. Put butter in saucepan, and when melted add sugar and water. Bring to boiling point and let boil 16 minutes. Pour over corn and stir until every kernel is well coated with sugar.





Beverages

GINGER ALE PUNCH

One cup sugar, 1 cup hot tea infusion, $\frac{3}{4}$ cup orange juice, $\frac{1}{3}$ cup lemon juice, 1 pint ginger ale, 1 pint Apollinaris, few slices of orange. Pour tea over sugar and as soon as sugar is dissolved, add fruit juices; strain into punch bowl over a large piece of ice and just before serving, add ginger ale, Apollinaris and slices of orange.

CARDINAL PUNCH

One pint cranberries, 1 pint water, $\frac{1}{2}$ orange juice, $1\frac{1}{2}$ tablespoon lemon juice, 1 cup sugar syrup, 1 pint soda water or Apollinaris. Cook cranberries and water until fruit is very soft, then strain through a double thickness of cheesecloth. When cool, add fruit juices, syrup and charged water. Pour over a block of ice.

ORIENTAL PUNCH

One cup sugar syrup, 6 cloves, 1 inch thick cinnamon, 1 tablespoon chopped canton ginger, juice of 2 lemons, juice of three oranges, 1 drop oil of peppermint, green coloring, fresh mint leaves. Add cloves, cinnamon and Canton ginger to hot syrup, cover and let stand until cold. Add fruit juices, coloring and peppermint; strain over a piece of ice and garnish with mint leaves.

EGG LEMONADE

One egg, 2 tablespoons powdered sugar, 2 tablespoons lemon juice, 2 tablespoons crushed ice, $\frac{1}{4}$ cup cold water. Beat egg, powdered sugar, add water and lemon juice and strain over crushed ice.

MINT CUP

Three lemons, 1 bush mint, $\frac{1}{2}$ cup sugar syrup, $\frac{1}{2}$ cup water, 1 pint ginger ale. Remove leaves from $\frac{2}{3}$ of the sprigs of mint and bruise with the fingers; add lemon juice and syrup and let stand $\frac{1}{2}$ hour. Strain over piece of ice and add ginger ale. Garnish with tips from remaining sprigs of mint.



GRAPE JUICE PUNCH

To mint cup, add 1 cup grape juice and 1 lemon cut in very thin slices.

AFTERNOON TEA

Three teaspoons tea, lemon slices, cloves, orange loaf sugar, 3 cups boiling water, candied cherries. Have water freshly boiling and pour over tea in a scalded



teapot. Let stand only long enough to become the right strength, but never more than 5 minutes. With orange, less than one minute infusion is sufficient. Serve at once with thin slices of lemon, a clove, a cherry and sugar to taste.

LEMON ALBUMEN

One egg-white, $\frac{1}{2}$ cup cold water, lemon juice. Stir white of egg and water with silver fork, until albumen is completely dissolved; add lemon juice to make palatable, strain and use in sickness as ordered.



ICED TEA

Four teaspoons tea, 2 cups boiling water, lemons. Pour boiling water over tea, let stand 5 minutes and strain into glasses half full of crushed ice. Allow one or 2 slices of lemon and sugar to taste for each glass and place slice of lemon on edge of glass.

FRUIT CUP

One-fourth cup lemon juice, $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup sugar syrup, 1 cup pineapple syrup, 2 cups ice water. Mix ingredients using syrup drained from can of pineapple, and strain over a piece of ice. Serve in high narrow tumblers which have been frosted by dipping the edges quickly into lemon juice and then in coarse sugar. Place a small slice of canned pineapple on top and a sprig of mint and 2 straws in the center, where hollowed out, add a large cherry or strawberry and serve.

ORANGE EGG-NOG

One egg, 1 tablespoon sugar, a little salt, juice of one orange, juice of $\frac{1}{2}$ lemon, $\frac{1}{4}$ cup crushed ice. Beat white of egg until stiff, add gradually $\frac{1}{2}$ the sugar and the salt and $\frac{1}{2}$ the orange juice. To yolk of egg, add remaining sugar and fruit juices, and beat until thick. Put ice in glass, pour in first mixture; then gently fold in second mixture and serve.

GINGER POP

To 2 gallons of lukewarm water, allow 2 lbs. of white sugar, 2 lemons, 1 tablespoon of cream of tartar, a cup of yeast and 2 ounces of white ginger root, bruised and boiled in a little water to extract the strength. Pour the mixture into a stone jar and let stand in a warm place for 24 hours, then bottle. The next day, it will be ready to "pop".



CHING-CHING

Fill a glass $\frac{2}{3}$ full of shaved ice; add 3 or 4 lumps of sugar, the juice of a large orange and a few drops each of essence of cloves and peppermint.

FRUIT CUP

Take the juice of half a lemon, 1 tablespoon each of lime and pineapple juice, 4 ounces sugar and half the amount of shaved ice. Fill up the glass with rich milk, shake well until foamy and drink at once.

Regal in Name and Quality



RASPBERRY SYRUP

To each pint of strained raspberry juice, add 1 pound of granulated sugar. Let it stand over night. In the morning, boil it for 10 minutes and bottle. A spoonful or two in a glass of cold water makes a very refreshing drink.

WINE WHEY

Two cups milk, 1 cup sherry wine. Heat the milk to a boiling point, then add the sherry. Bring it again to the boiling point and strain through cheesecloth.



EGG-NOG

Two eggs, 2 tablespoons sugar, 2 tablespoons wine or brandy, 1 cup cream or milk. Beat the egg into light and creamy, add the sugar and beat again, then the wine or brandy, lastly the cream or milk, put in freezer until half frozen.

BLACK CURRANT CUP

To 1 quart of weak green tea, add half a pint of black currant juice, sweeten to taste and chill thoroughly before serving.

CLARET COUP

One quart bottle of claret; 1 bottle of soda water, 1 lemon cut very thin, 4 tablespoons sugar, $\frac{1}{2}$ teaspoon nutmeg, 1 liqueur glass of brandy, 1 wineglass of sherry wine. Half an hour before it is to be used, put in a large piece of ice, so that it may get perfectly cold.

CREAM SODA

One lb. of loaf sugar, 1 pint of rich cream, 1 quart of water, 1 tablespoon of vanilla and 1 quarter of an ounce of tartaric acid. Mix the ingredients and bring slowly to a boil, then put in jars. Use a tablespoon of this and $\frac{1}{3}$ teaspoon of soda to a glass of cold water.



Regal Flour is milled especially for house baking—it is the finest flour obtainable. White as snow, rich and nourishing, it makes rich, light pastry and cakes that are truly masterpieces of the baker's art. Milled in Canada's most up-to-date mills with the choice of Canadian Wheat, blended by experts, it is guaranteed as a No. 1 flour.

Sold in bags of 7 lbs. and over.



HOUSEHOLD HINTS



BURNS AND SCALDS:—Cover with cooking soda and lay wet cloths over it. Whites of eggs and olive oil. Olive or linseed oil plain or mixed with chalk or whiting.

SUNSTROKE:—Loosen clothing. Get patient into shade and apply ice cold water to head.

VENOMOUS INSECTS' STINGS, ETC.:—Apply weak ammonia, oil, salt water or iodine.

FAINTING:—Place flat on the back, allow fresh air and sprinkle with water.

CINDER IN THE EYE:—Roll soft paper up like a lamp lighter and wet the tip to remove or use a medicine dropper to draw it out. Rub the other eye.

TAR STAINS:—To remove tar from cloth, rub it with turpentine and every trace of tar will be removed.

INK SPOTS:—To remove ink spots from carpets after they are dry, rub them with milk, taking fresh as it becomes ink; afterwards, wash the spot with ammonia water to remove the grease.

BEETLES:—Beetles can be exterminated from any room if the place they infest is sprinkled with ground borax mixed with common brown sugar.

CHINA:—China with gilding should never be washed with water containing soda for the soda will soon rake off the gilding. Soap will answer the purpose.

NICKEL:—Keep nickel, silver ornaments bright by rubbing with a woollen cloth saturated in spirits of ammonia.

NOSEBLEED:—To stop nosebleed, sit up straight; never lie down or lay cold cloths on the nape of the neck and on the brow.

MILDEW:—To remove mildew, soak the clothes in chloride of lime water.

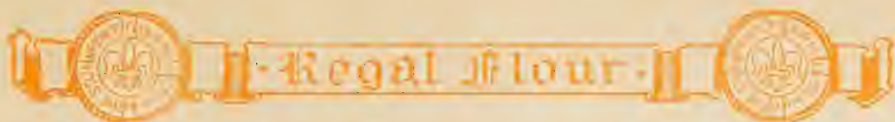
STAINS:—White stains on furniture made by alcohol can be removed by rubbing them lightly with spirits of camphor.

ANTS:—If your refrigerator is infested with ants, place a glass fruit jar lid containing coal oil under each foot of the refrigerator and the ants will disappear.

CRUMBLED tissue paper is one of the best things for polishing mirrors and glass of all sorts after washing.

TO REMOVE SILK from sweet corn, use a small vegetable brush.

A FINE GRATER is better than a knife for removing the surface of anything that is burned.



COLD STARCH:—If after using cold starch, it is allowed to stand all night, the water can be poured off in the morning and the starch will do for boiled starch another time.

MARKS on woodwork made by scratching will disappear when rubbed with a cut lemon.

TO GET RID OF DISAGREEABLE ODORS of paint and turpentine, cut an onion into small pieces and place it around the room.

THE SHORT ENDS of candles melted and mixed with equal parts of turpentine makes a fine polish for floors.

NEVER BUY stale dry fruit. Get the best and freshest of its kind and it will be found cheaper in the long run.

IF LEMONS are warmed before you squeeze them, nearly double the quantity of juice will be obtained.

CHEESE may be kept soft and good for a long time if wrapped first in a cloth wrung in vinegar and then in a dry cloth.

PAINT your garbage can the same color as the house. You not only prolong its usefulness, but if it must stand outside of the door, it will be less conspicuous.

When cleaning delicate fabrics, laces, ribbons, plumes, etc., use a mixture of gasoline and flour. Mix this as you would flour and water. Dip the articles in and scrub them thoroughly.

A coarse scrubbing brush is the best kind of a cleaner for muddy and dusty shoes.

To clean lamp burners, wash them in wood ashes and water and they will come out clean and bright.

By wetting a spoon before serving jelly you will find that the serving is more easily accomplished.

To kill a bad odor, put dried orange peels on a red hot shovel, and it will not only kill the odor, but leave a fragrant one.

A poultice of fresh tea leaves moistened with water will cure a sty on the eye.

Gold lace and trimmings that are tarnished may be cleaned by using powdered rock ammonia. Apply with a soft brush.

Liquid ammonia will quickly and easily remove stains left on garments by sewing machine oil.

To stop hiccup, give the patient a teaspoonful of granulated sugar and vinegar. If necessary, repeat the dose.

Sandwiches can be kept as fresh as when first made by wrapping them in a napkin wrung out of hot water and then placing them in a cool place.

Buy soap before you need it and keep in a dry place so that it will harden. It will last longer.

To determine the freshness of eggs, put them into water. A fresh egg remains at the bottom; a less fresh egg floats a little higher, and a stale one rises to the surface.

Stains may be removed from the zinc tops of kitchen tables with vinegar.



For cleaning tinware, there is nothing better than dry flour applied with newspaper.

A teaspoonful of cold water added to the white of an egg causes it to whip more quickly as well as increases the quantity.

To cut citron or candied peel for cakes, puddings, etc., steam until tender and then pass through a food chopper.

Stick a pin through the cork of bottle containing poisons and this will save tragic mistakes when seeking medicines at night.

To remove old putty from window sashes, paint the putty with nitro-muriatic acid or a solution of caustic soda. In an hour, the putty can be easily removed.

To prevent cakes, pies and puddings from scorching, place a dish of water in the oven.

Salt and soda are excellent for bee stings and spider bites.

Alum will serve to check the bleeding from a cut and also help to heal the wound.

Fire in one's clothing. Roll on carpet or wrap in woolen rug or blanket. Keep the head down so as not to inhale flame.

To loosen old rusty screws, apply a red hot poker to the head of the screw.

If one is stung by a bee while in the woods or fields, apply mud. It will relieve the pain instantly.

A little corn starch in the salt cellar will prevent the salt from packing.

To clean a vinegar cruet, put a teaspoonful of lye in it and then fill with water. Let stand for a few days before rinsing out.

Lamps will not smoke if with a sharp pair of scissors the wick is trimmed the shape of the burner and a small V is cut from the center.

In peeling onions, place them in a bowl of water and peel them so that the water covers the onion to prevent the eyes from smarting.

Alcohol cleans piano keys.

Add a little salt in the fat when frying croquettes or doughnuts and it will not spatter over the stove.

If porcelain baking dishes become discolored on the inside, fill them with butter-milk and let stand for a day or so. The acid in the milk will remove the stains.

Cut hams may be kept from moulding if the cut end is wet with vinegar each time after cutting.

Keep some folded newspapers handy upon which to place soiled pots and pans thus saving yourself work scrubbing the table.

Moths will not come near clothes sprinkled with turpentine.

Salt and vinegar will remove stains from discolored teacups.

Rub the furniture with a cloth dampened with kerosene. It takes up the dust and polishes the wood.



Good furniture polish is made of $\frac{1}{3}$ turpentine and $\frac{2}{3}$ sweet oil.

To cut fresh bread, heat the blade of the knife in hot water; it prevents breaking and crumbling. Do the same in cutting fudge or caramel candy.

Half a lemon dipped in salt will do the work of oxalic acid in cleaning copper boilers, brass tea kettles, and other utensils.

Curtains are easily run on brass rods if a thimble is first placed on the ends of the rod.

Dates stuffed with peanut butter and then rolled in sugar are a pleasing change from dates stuffed with nuts.

To keep new laid eggs fresh, rub them over with oil or pure glycerine.

Rub your stove off daily with a newspaper and it will keep its polish.

Remember this always. If from a vein cut, bandage near wound on side away from heart; if artery, on side near heart.

If burned from acid, flush liberally with water and wash with strong solution of baking soda.

Use borax in cleaning house. It does not ruin paint, whitens the curtains, and does not stain the carpets which are washed in it.

Use a paint brush to remove dust from the cracks and carvings on furniture. It reaches crevices a dust rag cannot.

Porcelain lined sinks and tubs can be cleaned by rubbing with flannel wet with kerosene.

For mending small breaks in hot water bottles, try a piece of adhesive plaster.

Put a little dry starch in the clear warm water with which you wash windows. When dry, rub off, then polish with a cloth.

If one cupful of vinegar is put with the water in which colored clothes are washed, it will prevent the color from running. Iron when still damp and the garment will look equal to new.





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